

Amherst Youth Soccer Association



U5-U7 Coaching Drills And Reference Guide

The goal of this guide is to provide AYSA volunteer coaches the tools necessary to run an effective soccer practice for U-5 through U-7 age groups without a soccer background.

These drills are meant to be a guide and to provide ideas to our volunteer coaches. Creativity is encouraged. There can be countless variations to these drills allowing for coaches to never have two of the same practices – important in keeping younger players engaged in the game.

This guide is meant to be used in direct correlation with the AYSA Soccer Coaches Reference Guide. The drills below are coded so that you can easily tell which drills will affect which ‘Goals’ in the reference guide.

For instance, a drill labeled PW1B is considered a good drill to use with Pee-Wee players, specifically on improving their Gross Motor Skills (Pee Wee, #1, Pt. B). By using the two guides in unison, coaches can easily create practice plans that keep the kids moving.

It is our hope that with your help these guides can be fine-tuned, incorporating more of what works while eliminating what does not. Without our parent volunteers, Amherst Youth Soccer simply cannot meet the needs and goals of the kids in our community. We thank you for your commitment to OUR children!

Any feedback to this guide can be sent to AYSAOhio@gmail.com.

Happy Coaching!

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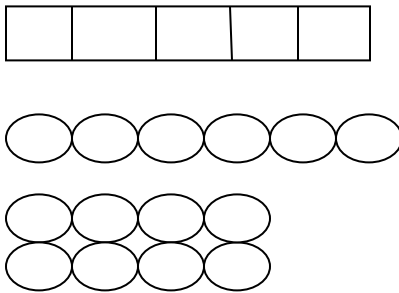
1. Agility (PW-1B, Any Age)

Equipment: Speed Rings or Ladders

Set Up: Varies

Basic: Use rings or ladders, either in a single row or side by side. Start with single and progress to side by side. Single = walk through, run through, hop through with two feet, hop through with one foot. Side by Side = frog hops, run through, hop lateral. Older players can do skatters and zippers, 2 up one back, skip a rung etc.

Summary: trying to develop motor skills, foot eye coordination and speed.



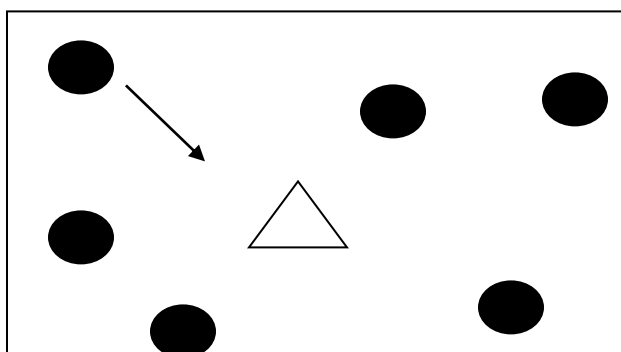
2. Sink the Submarine (Frog Hunter, Elmur Fudd vs Bugs Bunny, Turn the Coach into an Animal) (PW2C, U5-2B)

Equipment: every kid has a ball

Set Up: None

Basics: Just a target practice game. Tell kids their ball is a torpedo. Coach crawls around on ground, when you say fire, players fire their torpedos at you until you are sunk. Start with one torpedo sinking you, as they get better – tell players it will take 3 torpedos. Frog hunter is the same game but you are hopping and they are shooting arrows. Bugs Bunny is the same, you are the rabbit hopping – they are hunting you. Or you can hit the coach to turn him into an animal – kids pick the animal, coach makes animal sound. Vary between the 4, then it never gets stale.

Summary: Lots of fun, works on accuracy



3. Daytona 500: (PW-1A, PW-2A, U5-2A)

Equipment: every kid has a ball, need about 30 disc cones

Set Up: Set up 1 yard gates all over the place.

Basics: they are race cars. They are trying to go through as many gates as possible dribbling. Tell them to rev their engines and go. Players can keep count. You can make them honk their horn everytime they go through. Older players can work on various dribbling techniques, left foot right foot, both feet, etc.

Summary: A fun basic dribbling game.



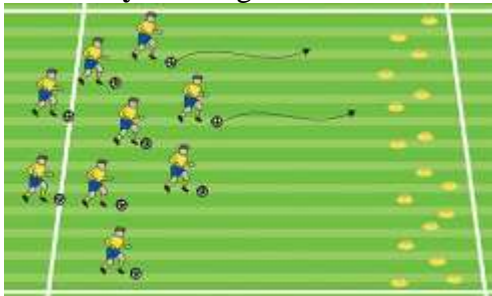
4. Treasure Hunt, Easter Egg Hunt, Attack of the Cone Heads (PW-1A, PW-2A, U5-2A)

Equipment: every kid needs a ball, need about 30 disc cones

Set Up: Spread 30 cones out all over field.

Basics: Kids race down and retrieve cones and bring them back. They can be pirates bringing treasure, kids hunting for Easter eggs, or Zombie Cone Heads. Mix it up to keep it fun. Start without a ball. Once they have the concept force kids to dribble their ball to retrieve.

Summary: Good game to work on dribbling



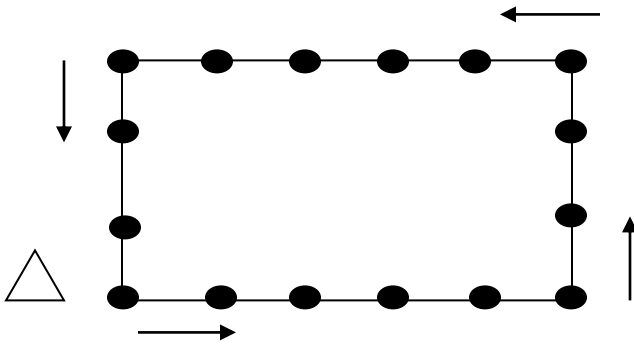
5. Square dance (PW-1A, PW-2A, U5-2A)

Equipment: every kid needs their own ball, need about 30 disc cones.

Set Up: Make a 15x15 square with cones placed about 1 yard apart.

Basics: Kids weave in and out of cones as they go through the square. Once they are done they get to dance – hence the name square dance.

Summary: works on players control and they dribble.



6. Coach Says (Red Light/Green Light) (PW-2B, U5-2A, U6-1A)

Equipment: every kid needs their own ball

Set Up: none.

Basics: Players dribble around and does whatever coach says. Just like Simon says. Things to say: Stop, go, put your = foot, head, knee, elbow, butt, etc on ball. Go the other way, 10 toe touches etc. Red Light Green Light is the same. Build up to turns and such with older players.

Summary: works on listening skills and basic foot skills



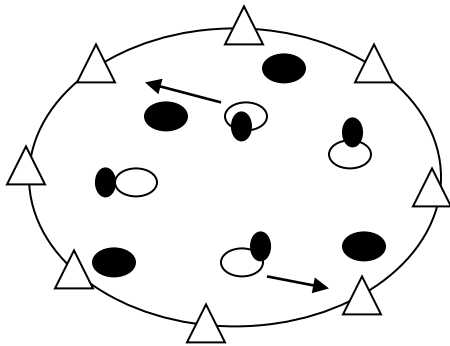
7. King Kong vs. Bob the Builder (PW-2C, U5-2B)

Equipment: 8 tall cones, ½ players with a ball

Set Up: set tall cones up in a circle

Basics: Divide your team in half. ½ will be King Kongs with a soccer ball. ½ will be Bob the Builders without a soccer ball. King Kongs dribble around and knock over the buildings, Bob the Builders pick them back up. Then you switch.

Summary: teaches dribbling and accuracy



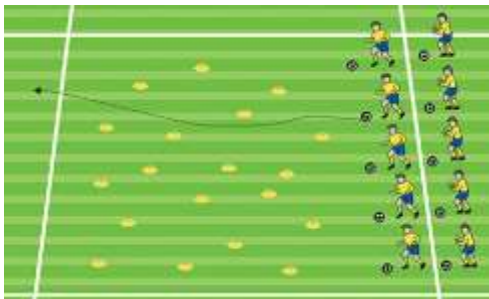
8. Land Mines (PW-1A, PW-2A, U5-2A)

Equipment: 20 disc cones, 20 large disc cones, and every player with a ball.

Set Up: make a 20x10 lane with little cones. Spread big cones out randomly in the lane

Basics: kids go down and back in the lane trying to avoid the land mines. Start without a ball. Once they have the basics – then have them do it with a ball. As they master that you can progress up to Pugg Goals on each end of the channel.

Summary: develops ball control and coordination



9. NASCAR (PW-2A, PW-2B, U5-2A)

Equipment: 15 disc cones and every player with a ball

Set Up: make a 15 yard circle with cones to serve as a track.

Basics: Say ‘Gentlemen(or ladies) start your engines. Players dribble around the track like race car drivers. You can vary speeds and change directions.

Summary: teaches ball control and change of direction



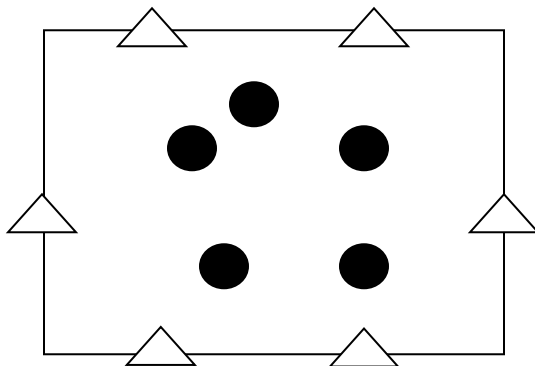
10. Trick or Treat (PW-3)

Equipment: 30 disc cones, each player with a big disc cone

Set Up: none

Basics: coaches, get a parent to help if needed to be our houses. Players run around and say trick or treat to get their candy, which is a small disc cone. Start without a ball, then progress to using a ball.

Summary: lots of fun, teach waiting in line, communication and dribbling



11. Ball Tag (PW-2A, U5-1B, U5-2A)

Equipment: Penny's, all players with a ball

Set Up: the size of the grid will vary depending upon the numbers involved as well as the level of the players but for 10-14 players a 25 x 25 grid would be about right.

Basic: Start with two players as it holding penny, they tag everyone. Work up to players using balls to dribble, work up to more people it, work up to less balls than kids which incorporates passing and communication.

Summary: Fun drill, will get them moving, works for all ages groups with the variations.



12. Numbers (U5-3, U6-3A)

Equipment: Goal, Ball, and Penny's

Set Up: Coach in goal with ball. Players divided and numbered in Penny.

Basic: Divide the kids into 2 groups. So each team has a number one, a number two, etc. Try to make sure the kids with the same number are evenly matched. Use one goal to start with. Coach in goal calls out number and rolls ball out. Players fight for it and try to score. You can progress to two goals or multiple sets up numbers and balls.

Summary: Teaches dribbling, scoring and defending.



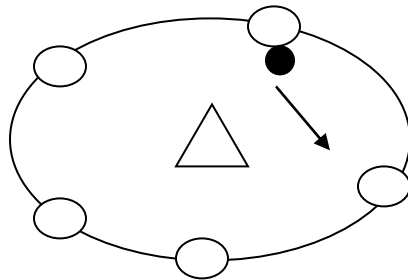
13. Monkey in the Middle (U6-2A)

Equipment: 1 ball

Set Up: Players for a circle

Basic: All players form a circle and choose someone (the "Monkey") to be in its center. The players forming the circle pass one ball among them while the person in the center tries to gain control of the ball. When this happens, the person in the circle who last touched the ball goes to the center.

Summary: develops passing, communication, competitiveness



14. Cops and Robbers (U5-3)

Equipment: every kid with a ball, 2 Penny's, 4 disc cones

Set Up: Use a whole field, create a 4 cone 5x5 square to serve as a jail.

Basic: Have the kids (each with a ball) line up on one side of the field. These guys are the "Robbers". Have two more kids (the Cops) facing the Robbers somewhere near halfway to the other side. The object is for the Robbers to dribble to the other side without having a Cop tackle the ball away. If a robber loses his ball to a cop, he goes to jail (designate a small area off to the side or use a Goal structure.) Have the Robbers repeat the crossings until there are only 2 left. Make these guys the new cops, pull everyone out of jail and start over.

Summary: Fun game, teaches movement, defending and footskills



15. Pirate (or Monster) (U5-3)

Equipment: Every player with a ball, 8 disc cones

Set Up: create a 20x20 grid

Basic: This is ultimately a keep away game. Coaching points: concentrate on the player's close dribbling and screening techniques. Everybody inside a circle (center circle is fine) with a ball. One player without a ball is the Pirate. Everybody else is a Land Lover and starts dribbling around. The Pirate player tries to steal a ball from any player and pass it out of the circle - now; the two players are Pirates and go after the others.....then three, then four. Finally only one player is left with a ball. He/she becomes the Pirate the next game. Players with the ball should work on shielding. Pirates should work on winning a ball cleanly. For older kids you can progress to winning, and passing to someone outside.



16. Kick Out (U5-3, U6-2A)

Equipment: Every kid with a ball

Set Up: play in the center circle

Basic: Everyone dribbles and shields their ball within a circle while trying to kick everyone else's ball out, and simultaneously to protect their own. You can't kick someone else's ball out if your ball isn't in the circle. If your ball goes out you have to leave the circle it gets down to two kids in a duel. The coach may participate to keep the game from becoming too competitive, as the ones eliminated early may feel bad. Variation – pass to a teammate outside the grid.

Summary: Develops aggression, foot skills, shielding



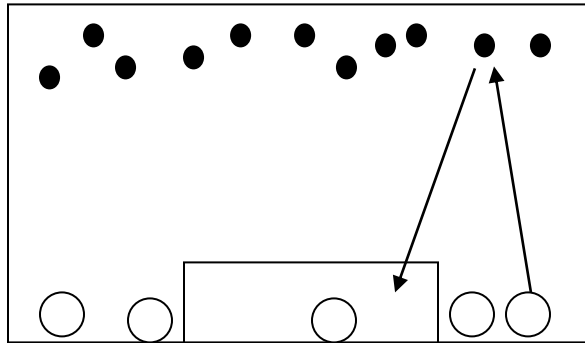
17. Egg Hunt (PW-2A, U5-2A)

Equipment: twice as many balls as kids

Set Up: can be played on a youth field

Basic: Have more balls than players. Break the young kids into three groups. Have the player's line-up by their goal at opposite ends of the field. Take their balls and spread them out around the field, these are the eggs. There will be three goals called the "basket". Blow the whistle and turn them loose. The object of the game is to get all the "eggs" in the basket as quickly as possible. They are all on the same team, and aren't allowed to take a ball away from another player. Time them to see how fast they are.

Summary: Fun games, look for kids to score and instantly go for another ball. Develops sense of team.



18. Shadow Dribble (PW-2A, U5-1A&2A, U6-1A&3A)

Equipment: Every kid with a ball, 12 disc cones,

Set Up: Create a 20x20 grid; partner kids up – 1 ball per group

Basic: One player dribble all over the grid as the other player follows as their shadow. The goal of the player dribbling is to lose the shadow – the goal of the shadow is to stay with the first player. Teaches dribbling and space. You can work in moves and turns as they get older.

Summary: starts developing concept dribbling and space.



19. Shark and Minnows (U5-3)

Equipment: every player with a ball, 12 cones

Set Up: create a 15x15 grid

Basic: One player, the shark, starts outside the square without a ball. All other players, the minnows, start inside the square with a ball. When the coach yells, "Shark's getting hungry!" the shark starts running around the outside of the square and the fish start dribbling around inside the square. When the coach yells, "Shark attack!" the shark enters the square and has 30 seconds to send as many balls as possible outside the square. When a ball leaves the square for any reason, the corresponding fish becomes a shark. A fish has done well if still alive at the end of the time. The shark has done well if few fish survived. Choose a new shark and play another round.

Summary: Teaches kids with the ball to shield it from an opponent and teaches kids without the ball how to take it away from an opponent.



20. Dr. Freeze Tag (PW-1A, U5-2A)

Equipment: every player with a ball, 12 cones

Set Up: create a defined area 20x20

Basic: Basically freeze tag. You can have a tagger and a thaw person. Kids dribble around until frozen by the evil Dr. Freeze. They remain frozen with their hand up until the thaw person comes and thaws them out.

Summary: teaches movement and foot skills.



21. Red Light (PW-2A, U5-2A)

Equipment: Every player with a ball, 8 cones

Set Up: Create a 20x20 grid

Basic: Players dribble around. Red light = stop. Green Light = Go. Yellow light = go slow. Purple Light = go crazy/dance

Summary: works on footskills



22. Bank Robbery (U5-2A)

Equipment: 15 balls, 8 cones

Set Up: create a 20x20 grid

Basic: All players are standing on a line (imaginary boundary line that marks the grid). The coach will yell "Bank Robbery". At that time all players must sprint to the center of the grid collect a ball with her feet and return to the line as quickly as possible, stop the ball on the line and return to the center to get another ball. When all the balls have been collected the player who has collected the most balls wins.

Summary: teaches competitiveness, boundaries, speed, footskills



23. Big Bad Coach (U5-3)

Equipment: 8 cones, each player with a ball

Set Up: create a 20x20 grid

Basic: The players dribble around the area. The coach must attempt to kick the player's ball out of the grid. Once a player has had her ball kicked out of the grid or has dribbled outside of the grid, she must bring it back into the area and stand with the ball above her head with her legs apart in a stationary position. Players can get back into the game only when a teammate passes their ball through teammates legs.

Summary: footskills, shielding, moving to space



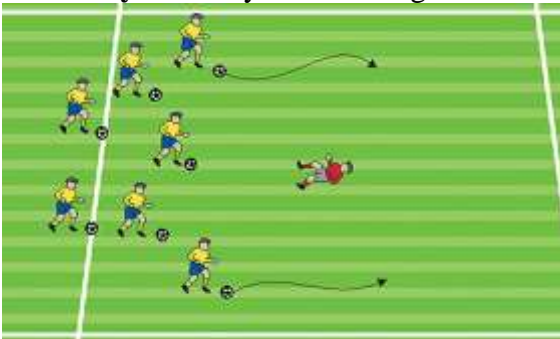
24. Crab Soccer (U5-3)

Equipment: 1 ball, Penny's, 2 Pugs

Set Up: create a 25x25 grid

Basic: divide team in 1/2, basically a scrimmage walking around like crabs. Might be hard for little guys to crab walk.

Summary: fun way to scrimmage



25. My Ball (U5-2A)

Equipment: each player has a ball, 8 cones, and stopwatch

Set Up: make a 20x20 grid

Basic: All players are standing on a line (imaginary boundary line that marks the grid) The coach will call out a player's name, that player must sprint to the center of the grid collect a ball with her feet and return to the line as quickly as possible. The fastest player wins.

Summary: works on speed and dribbling



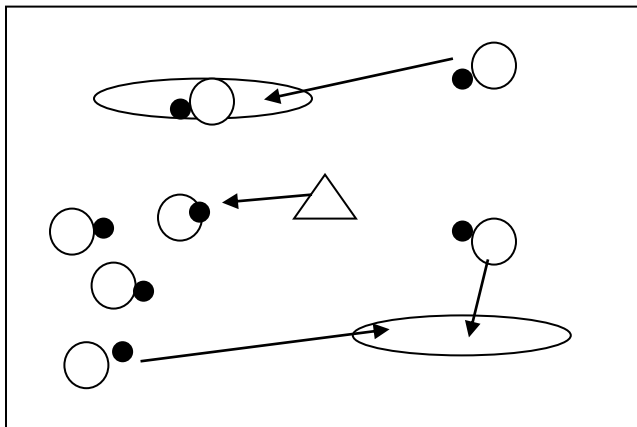
26. The Big Bad Bear (U5-3)

Equipment: each player with a ball, 20 cones

Set Up: create a 20x20 grid, create 2 5x5 grids inside

Basic: The coach is the “Big Bad Bear” and the bear must try to capture the players. The players dribble around the area while the bear tries to capture them. The bear cannot capture the players if they hide in the cave. The players can only stay in the cave for 10 seconds and must go to the other cave to avoid capture. If a player is captured they become a Bear and help the Big Bad Bear capture the remaining players. Last player to be captured is the winner.

Summary: teaches dribbling, shielding, speed



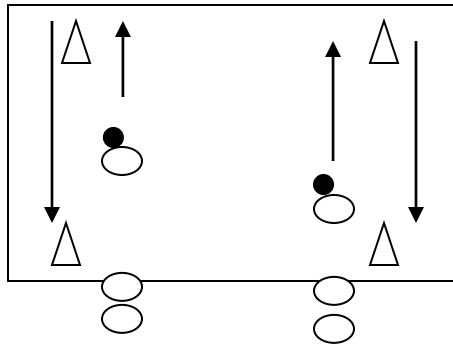
27. The Big Race (U5-2A)

Equipment: every player with a ball

Set Up: create a 20x10 grid, players are placed across from cone on opposite side

Basic: The coach will say, “Start your engines” after which he will yell go. The players must dribble their ball around their cone and back to the starting line. This will be a relay race, so when the player gets back to the finish line, the next player will go and the players that are done should sit down. The coach can “interfere” with them so that they finish last each time by doing funny stuff, hiding their ball, holding their shirts, etc. The first team done is the race winner.

Summary: Fun game



28. The Big Snake (U5-2A)

Equipment: 8 cones, every player with a ball

Set Up: make a 20x20 grid

Basic: The players’ dribble around the area. All players form a snake like line; each player has a ball at his feet and must follow the lead player (the head of the snake). When the coach yells “new snake” the player at the back of the snake runs to the front and becomes the head of the snake.

Summary: develops dribbling and following directions.



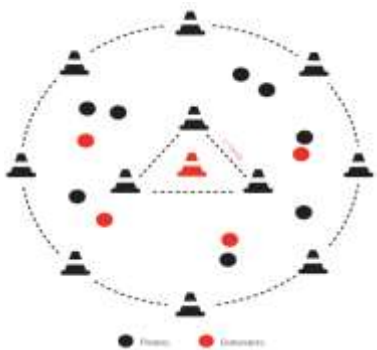
29. Pirates of the Sea (PW-2A, U5-2B)

Equipment: 20 cones, 4 Big Cones, every player with ball

Set Up: Create 15 yard circle. Put a 3 yard triangle in the center of the circle with the other cone in the center of the triangle.

Basic: Divide players into 2 teams. $\frac{3}{4}$ of players with a ball and $\frac{1}{4}$ of players without the ball are guarding the ship. The pirates attempt to knock over the cone in the center. The defenders – defend their ship.

Summary: Great game develops passing and shooting accuracy and early defensive concepts.



30. Golf

Equipment: 20 cones, every player with a ball

Set Up: create a 15x15 grid with a circle in the middle

Basic: Players stand outside the grid and strike the ball with proper pace so that it stops in the hole. First player with 3 hole-in-ones wins.

Summary: Develops pace, passing, accuracy



31. Knock It Off (U5-3)

Equipment: 20 cones, 11 soccer balls

Set Up: 20x20 grid, 5 cones on each end line with a ball on them

Basic: Divide team in half. The coach will roll a ball into the grid and say “Go”. Each team fights for possession. The team that gains possession attacks and the other team try’s to regain possession. The game is won when all the balls on the end line that a team is attacking are knocked off the cones. If the ball goes out of play the coach will roll it back into the grid. Coach determines which team attacks.

Summary: Fun way to scrimmage



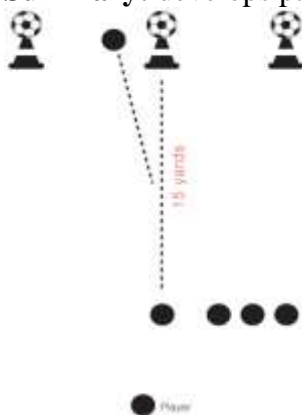
32. One Pin Bowling

Equipment: 30 cones and 20 balls

Set Up: Create a 10x10 grid, place 10 balls in the center of the grid on a cone, each player with a ball across from a ball on a cone.

Basic: One at a time each player tries to knock the ball off the cone directly in line with her. Let each player try it once before you start over from player 1. After each player has attempted five shots, the player who has knocked the most balls off the cone is the winner.

Summary: develops passing and accuracy



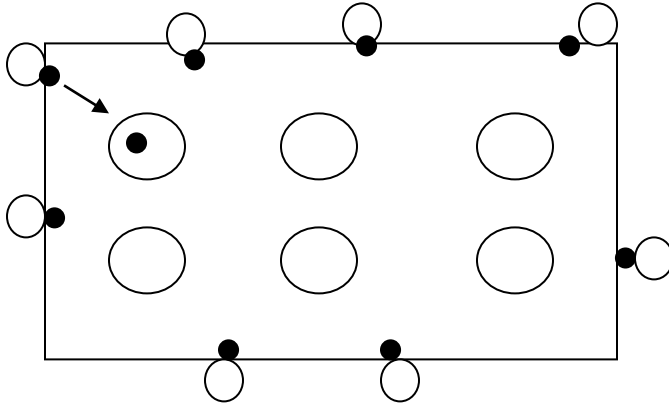
33. Target Practice (U5-2B, U6-2A)

Equipment: 10 cones, 6 speed rings, every player with a ball

Set Up: 20x20 grid, with 6 speed rings randomly placed throughout.

Basic: One at a time each player tries to kick and have his or her ball stop within the hoop. The first player to keep a ball within all the hoops is the winner. After a miss the next player is up. Players can shoot from any place on the line.

Summary: Develops passing and accuracy



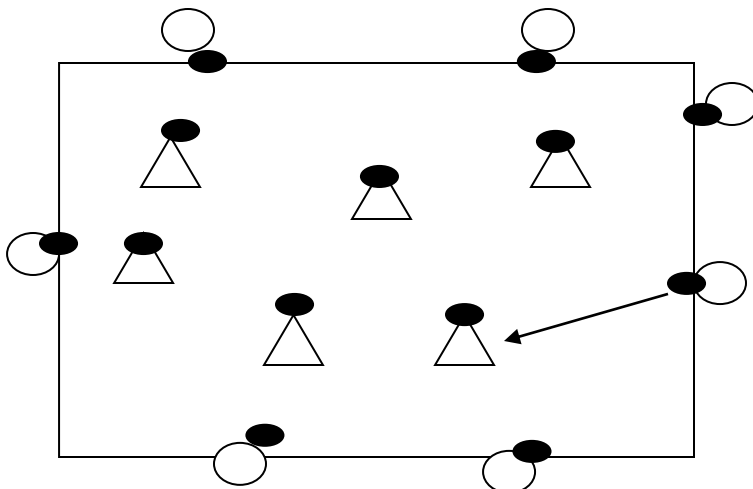
34. Target Practice Two (U52B, U61B)

Equipment: 20 cones, 8 soccer balls

Set Up: 15x15 grid, 6 balls on cones randomly throughout grid.

Basic: One at a time, each player tries to knock a ball off the cones, one ball at a time. After a miss the coach resets the balls and next player is up. Players can shoot from any place on the line. This can also work with knocking over the standing cones.

Summary: Develops passing and accuracy



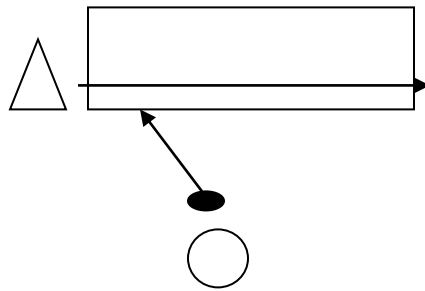
35. The Rabbit (U5-2B, U6-1B)

Equipment: 8 cones, each player with a ball

Set Up: create a line 5-10 yard from the goal.

Basic: Coach stands on the side of the goal. When it is time to go the coach hops across the goal like a rabbit as the kids shoot on goal trying to hit the coach.

Summary: Develops shooting and accuracy



36. Jailbreak (PW-1A, PW-2A, U5-2A)

Equipment: 20 cones, each kid with a ball

Set Up: create 4 3x3 squares in the corners, create 2 channels down the field.

Basic: Divide team in $\frac{1}{2}$. They start off in jail. Both teams on one side in opposite corners. When the jailer is not looking the kids can break out of jail, and race down the field to the safe zone. They must stay in their channel. If the jailer catches them they have to go back to jail. Once on the other side, they can then try to race back to the other side. Works best with 2 coaches, one jailer and one helping them break.

Summary: develops speed, full field running, and speed dribbling



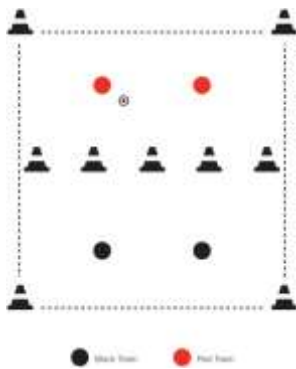
37. Soccer tennis/ Volleyball

Equipment: 10 pyramid cones, 10 disc cones, and 1 ball

Set Up: Create a 20x20 grid with a net in the middle

Basic: basically volley over the net working on various traps and headers and volleys. You can progress up by allowing the ball to bounce less times.

Summary: great for trapping and volleying



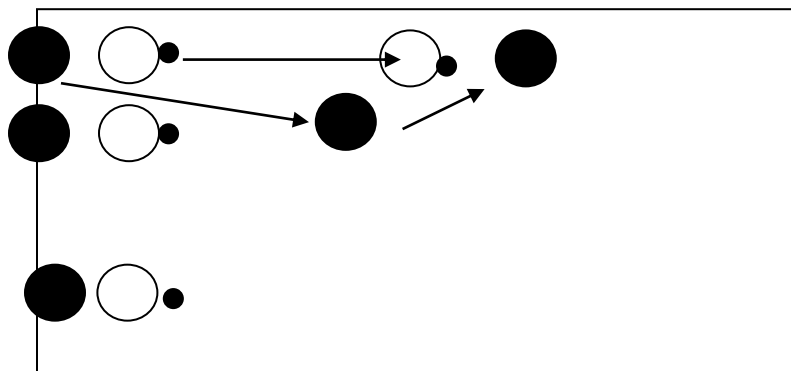
38. Behind the Ball (U5-3, U6-3A, U6-3B)

Equipment: Each player with a ball

Set Up: youth field

Basic: Coach starts out with the ball, all players are defenders. As coach dribbles down the field players must catch coach and get behind the ball, or between the ball and goal. Once players have the concept, pair them up. One with the ball, the other chasing down and getting behind the ball. They can rotate jobs.

Summary: Works on tracking back and getting goal side, fixes a major youth defensive problem of following the ball down the field instead of getting in front of it.



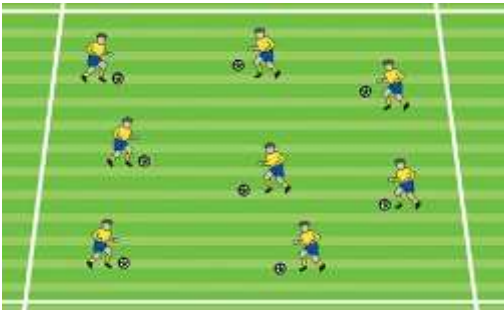
39. Musical Balls (U5-3)

Equipment: 20 cones, each player with a ball

Set Up: Create a 20x20 grid

Basic: Kids dribble around until coach yells change. When coach yells change. Players stop their ball, leave it and find another. If you have access to a radio – you can do the change when you stop the music. You can progress up by eliminating balls. When a player has no ball to dribble they have to run around the grid until the next change.

Summary: develops change of possession concepts and footskills



40. 100 touches (U7-1A3)

Equipment: 5 balls

Set Up: Coach has balls, players in a line

Basic: Coach calls out different skills, 1 touch right foot, chest trap, headers, etc. Coach plays ball to players; player completes skills and goes to the back of the line. Coach does 10 different skills 10 times – hence 100 touches.

Summary: works on various skills



41. Carolina/Ohio drill (U6-2A, U7-1A3)

Equipment: ½ players with ball,

Set Up: Use center circle or cones to create a 15 yard circle

Basic: Player on outside with the ball, players on inside check to balls. Coach calls out a skill – right foot inside 2 touch. Players complete that skill for 60 seconds. Coach yells stop and switch – players inside go outside and players outside go inside. Then they get 60 seconds to complete the same skills. Every two switches coach names a new skill. Once all ball on the ground skills are complete, then outsides are holding the ball and working on trapping, volleying, and heading skills.

Summary: Great way to work on various soccer skills



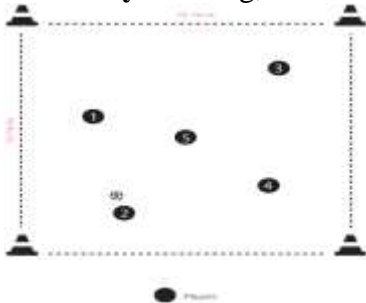
42. Numbers Passing Game (U6-1B, U6-2A, U7-1A2, U7-1A3)

Equipment: 20 cones, a few balls

Set Up: Create a 20x20 grid

Basic: Number off kids. Play a ball out. Pass up – 1,2,3,4. Once they have that you can go down. You can progress to multiple balls using odd and even and so forth. You can also work up from 2 touches to 1 touch. Coaching points are first touch and moving off the ball.

Summary: Passing, controlling, first touch, communication, movement



43. Power/finesse (U6-1B, U7-1A2)

Equipment: Goal, 4 cones, 10 balls

Set Up: 2 lines about 15-yards from goal, a 5 yard cone and 10 yard cone

Basic: Two servers with all the balls are at each post. They take turns serving a long ball that must be shot outside the 10, then a short ball that must be shot outside 5 yards out (a few cones can mark this). Each player takes two shots. If none are made, they are out. If one is made, they stay in and get back in line. If both are made, they can challenge someone on the other team and they must make both or they are eliminated. Last team standing wins.

Summary: real fun shooting drill.



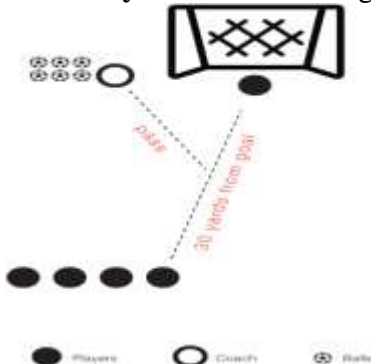
44. Lightning (U6-1B, U7-1A2)

Equipment: Goal, 4 cones, 10 balls

Set Up: 2 lines about 15-yards from goal, a 5 yard cone and 10 yard cone

Basic: Same set up as above, but this time the goalies rotate between teams. Once a player takes a shot, he must get in the goal. If he is scored upon twice, he is out and is replaced by the shooter. If he makes a save, he stays in the game and gets back in line and is replaced by the shooter. If the ball misses the net completely, the shooter is out and the keeper stays. This should be very fast paced.

Summary: real fun shooting drill



45. Foot Skills (U6-1A, U7-A1)

Equipment: Every kid with a ball

Set Up: no set up

Basic: Teaching kids basic footskills. Start with box dribble; focus on knees being bent; wide base. Move up to speed dribble. Focus on foot being cupped in. All skills start stationary then advance to doing it with movement. Make sure you are working both feet. Skills to incorporate: Stops, Toe Touches, Inside, Outside, Both, Left, Right, Quarter Turns left and right. Work up to Koyve turns, inside turns, outside turns, stab steps, etc.

Summary: Build up as age appropriate



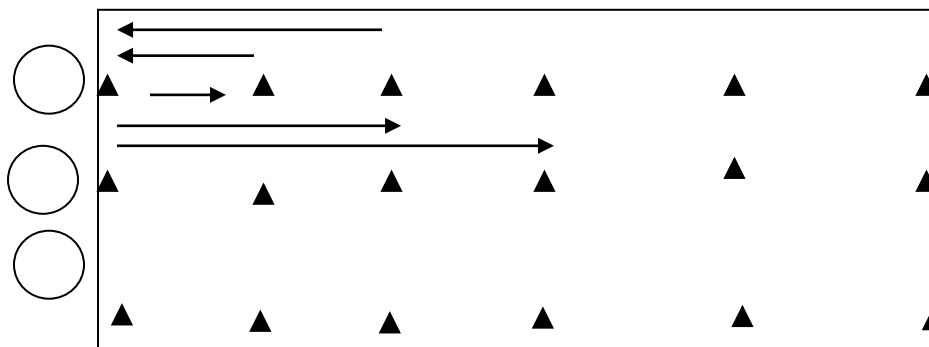
46. Skill River (U6-1A, U7-A1)

Equipment: 60 cones; every player with a ball

Set Up: Create a River with cones. 7 rows of 5 cones; 7 yards apart; both vertical and horizontal.

Basic: Kids start on their first cone. They use a dribbling move to advance to their second cone vertical. They perform a skill at the cone. They dribble back to cone 1 using the same dribbling skill. They turn and execute a dribbling move to cone 3; etc. Dribbling Skills: Right Rollovers, Left Rollovers, Forward Rollovers, Pull Backs, Speed Dribble, Box Dribble, Left, Right, Inside, Outside, Inside/Outside, etc. Skills: Tow Touches, over the ball left to rights, over the ball front to back, etc.

Summary: Build up to level of kids.



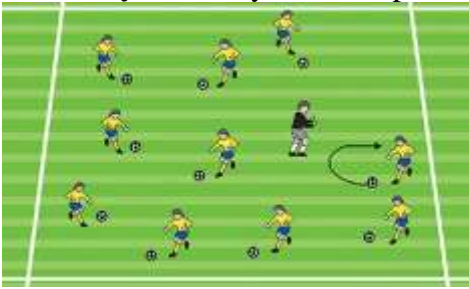
47. Turn drill (U6-1A)

Equipment: Every kid with a ball

Set Up: Line kids up horizontally across

Basic: When coach says go kids use a dribbling move to advance in one direction. When coach says turn, kids turn and advance in opposite direction, continue. Coach can use wide array dribbling moves and turns, depending on level of kids. Variation – call kids individually to turn them instead of whole group

Summary: Fun way to develop turns and dribbling.



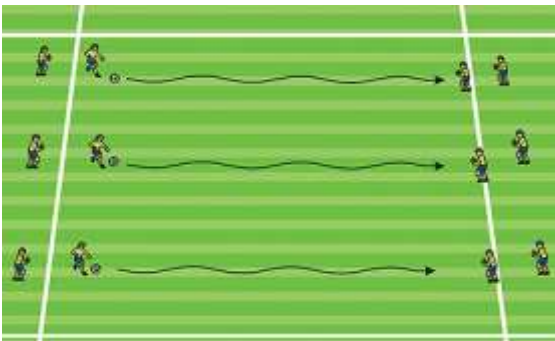
48. Line Passing (U6-1B, U6-2A, U7-1A2, U7-1A3)

Equipment: 2 Cones, 1 Ball

Set Up: Place 2 cones 5-10 yards apart depending on age of the kid

Basic: Keep lines small, no more than 3 kids on a cone. But 3 kids on each cone, facing each other. Kid one with a ball passes it to kid in front of other line, then runs to the back of that line. Kid receives pass, using proper trapping technique, then passes it back. Variation – mix up passing and trapping tasks, vary between 1 touch and 2 touch, etc.

Summary: Develops passing, trapping, and moving



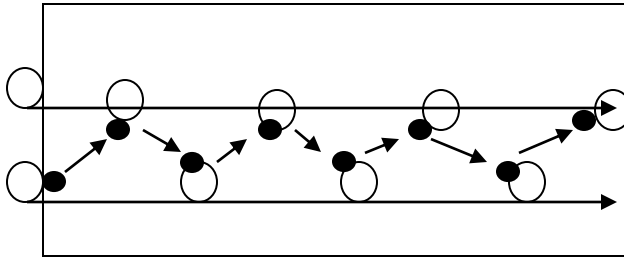
49. Side Line Passing (U6-1B, U6-2A, U7-1A2, U7-1A3)

Equipment: Ball, 10 cones

Set Up: Partner up, every group with a ball

Basic: Place two cones on a horizontal line 5-10 yards apart. One kid on each cone facing down the field. Players navigate down the field passing the ball to each other. Player on the right receives and passes with right. Player on the left receives and passes with left. Keep the little ones close together. As they reach the end of the field – they turn and come back; which forces them to switch feet. Focus on leading partner. Variations – distance between kids, 1 touch two touch, different trapping and passing techniques, etc.

Summary: great way to work on passing and moving



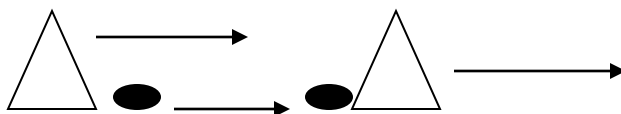
50. In-front Line Passing (U6-1B, U6-2A, U7-1A2, U7-1A3)

Equipment: Balls

Set Up: Partner up, every group with a ball

Basic: Place one partner on a line, with the ball. Other partner 5-7 yards in front facing ball. Player with ball passes the ball to player facing. Player facing stops the ball and jogs backward. They jog the whole field doing this. When they reach the end; they switch roles. Variations – pacing and trapping techniques, 1 touch/2 touch, and speed.

Summary: great way to work on passing, trapping, and moving



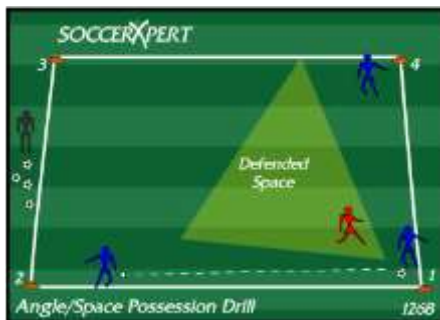
51. Pressure, Cover, balance (U6-3A, U7-2A)

Equipment: Ball, 30 cones, 4 pennies

Set Up: Create 4 10X10 boxes, each box has a penny and a ball

Basic: Place 3 offensive players on cone, one with ball. Defender in middle with penny. Offensive players try to possess the ball but can only pass to a supporting cone, not through. This forces the players to constantly move to other cones. Defender must use pressure/cover/balance to catch up and win the ball. Rotate through all players being defender. Variations – allow the through pass, graduate up to just in a grid but not running to cones.

Summary: Passing, moving, pressure-cover-balance



52. Pressure, Cover, balance (Part 2) (U6-3A, U7-2A)

Equipment: 10 Balls, 3 cones, 8 pennies

Set Up: 3 cones at mid-field, Balls on the center cone

Basic: Break the kids up. Offensive players divided into 3 lines with cones at mid-field. Defensive players with pennies divided between posts. Offense uses passing to advance the ball and attempt to score. Defense comes out and takes on the offense. Since there are only 2 defenders attempting to stop 3 offensive players; they will have to use pressure-cover-balance techniques.

Summary: involves shooting, passing, defending, and pressure-cover-balance.



53. Shadow Drill (U6-3B, U7-2B)

Equipment: Ball

Set Up: A field

Basic: Place players in position. They are playing against their shadows. Walk the ball all over the field, showing them how to shift and transition as a unit. Keeping their space and shape. Once they can walk through it, then have them pass the ball back and forth between two goalies; ensuring they keep their shape and spacing. Variations – out of this drill both offensive and defensive techniques can be taught; including, rotation, first defender/second defender, give and go, support, working the ball outside/inside, etc.

Summary: great way to work on spacing and maintain positions



54. 3-Grid Game (U6-3B, U7-2B)

Equipment: ball, 8 pennies, 40 cones

Set Up: Set up a field divided in thirds

Basic: Essentially a controlled scrimmage where the focus is on maintaining your positions. Works well with 6v6. One team in pennies. Forwards cannot leave their grid, midfield cannot leave their grid, and defenders cannot leave their grid. Variation – once they get the concept you can allow them to move into the grid next door (fwds – track back to mid but not Def, Mid can transition anywhere, Def can push up into the midfield). For older kids when teaching transition you can place stipulations – like can't shoot until everyone is up, etc.

Summary: great way to work on maintain positions and spacing



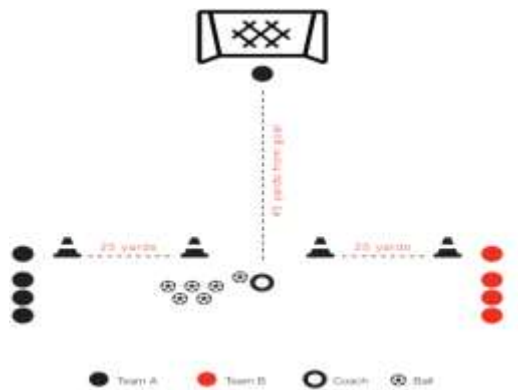
55. War (U5-2B&3A, U61B, U7-1A2)

Equipment: 4 cones – 10 balls

Set Up: 4 Cones at midfield (closer for younger), balls in center,

Basic: Payers are divided between 2 teams. Coach rolls a ball out. Players race to win it; take it to goal

Summary: great way to teach winning balls and shooting that is realistic.



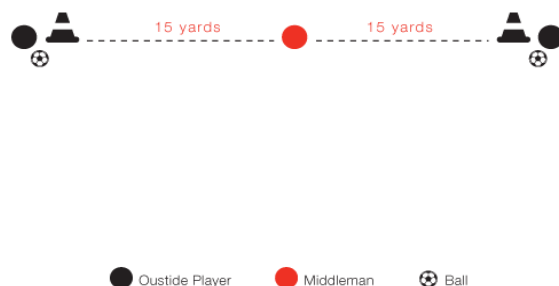
56. Middleman (U6-1B, U6-2A, U7-1A2, U7-1A3)

Equipment: 10 cones – 10 balls

Set Up: 2 Cones 20-30 yards apart depending on age

Basic: Players are divided into groups of 3. 1 player on each cone plus one player in the middle as the Middleman. The middle man checks back and forth to each ball as coach works through various passing and trapping techniques. Middleman should be switched every 2 mins.

Summary: great way to teach passing and movement.



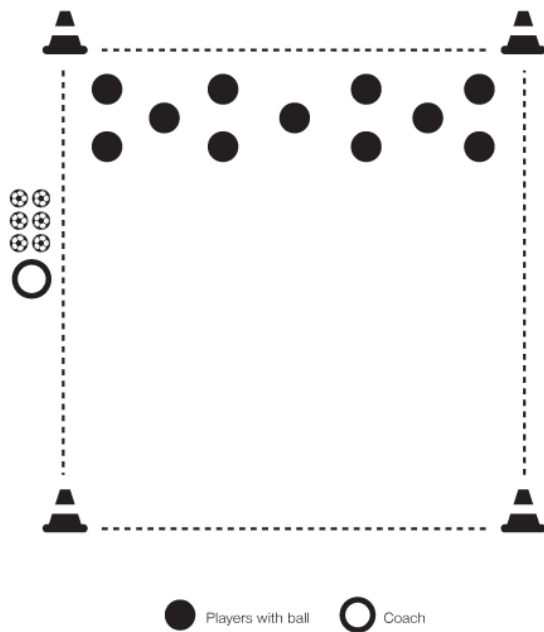
57. Spaceship/Asteroid/Revenge of the Coach (U5-3)

Equipment: 4 cones – 16 balls

Set Up: 4 Cones used to create a 20X30 grid. All players with a ball on one end; coach with 6 balls on the side in the middle.

Basic: Payers attempt to dribble down the field while the coach attempts to hit them or their ball with the missiles.

Summary: great way to teach dribbling, head up, and space.



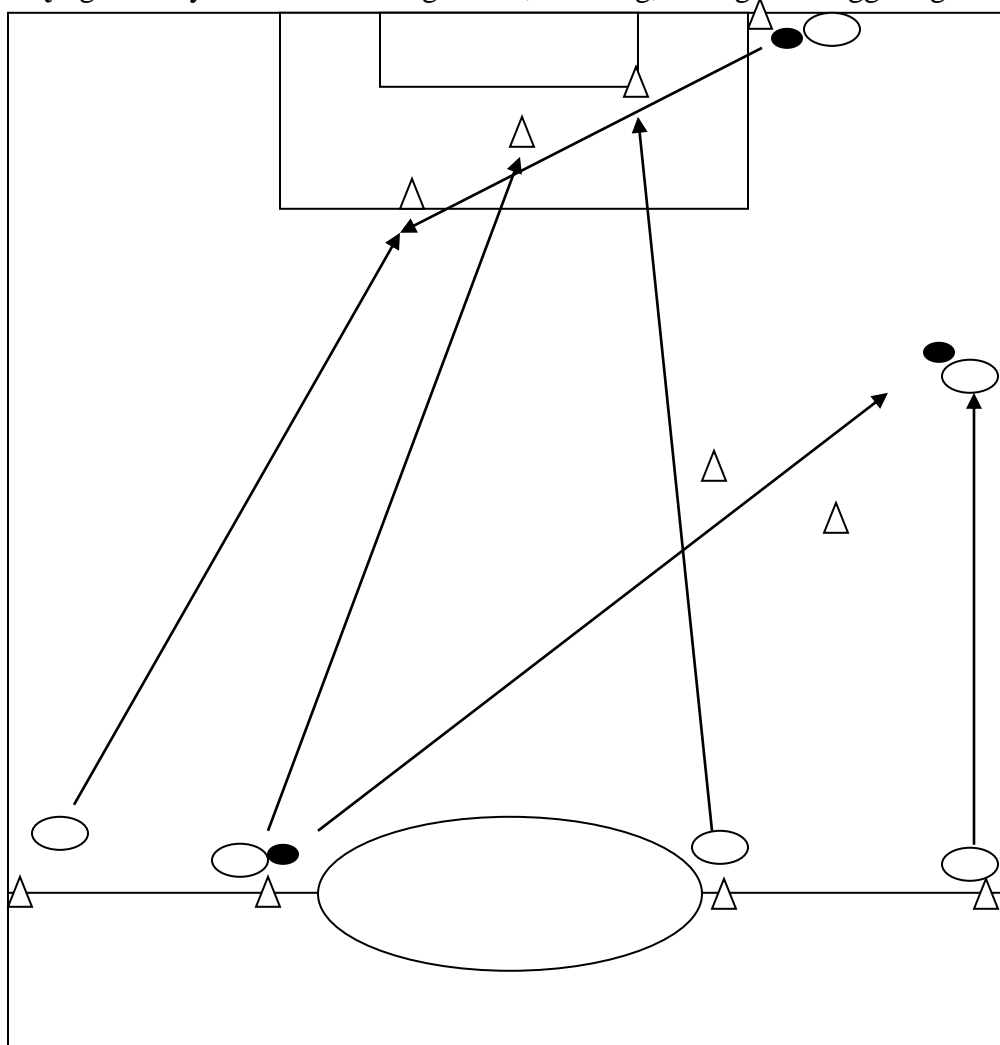
58. Bangu (U7-3A, U7-1A1)

Equipment: 10 cones – 10 balls

Set Up: 4 Cones at midfield, balls in center, a passing gate with two cones to the right corner, An X of cones in the box (Near Post 6, PK, Back post 18, back post 6, near post 18).

Basic: Players are divided between 4 spread out cones at midfield. Two center players pass the ball back and forth. When coach says go – player passes it through the gate to the corner. Corner player chases it down. 3 Other players make appropriate timed and paced runs. Player in the corner either plays a cross into the box. Or a Bangu pass – which is an on the ground pass away from your goal.

Summary: great way to teach attacking flanks, shooting, timing and staggering runs



Amherst Youth Soccer Association



U5-U7 Soccer Coaches Reference Guide

Coaching Philosophy

1. Develop life-long skills:

- **Sportsmanship**
- **Communication**
- **Team Work**
- **Competitiveness**
- **Community Pride**

2. Develop technical skills:

- **Gross motor skills**
- **Dribbling skills**
- **Control skills**
- **Kicking skills**
- **Passing skills**

3. Develop tactical skills

- **Direction and boundaries**
- **Space concepts**
- **Position concepts**

Developmental Goals

Pee-Wee (Age 3-4):

- 1. Movement/Gross Motor Skills**
- 2. Basic Soccer Concepts – Kicking/Dribbling**
- 3. Basic Structure – Waiting in line/Taking Turns/Listening**

U5 (Age 4-5):

- 1. Direction of play and boundaries**
- 2. Soccer concepts – Kicking/Dribbling**
- 3. Introduce competition – Shielding/Winning Ball**

U6 (Age 5-6):

- 1. Continue development of technical concepts – Kicking/Dribbling**
- 2. Introduce concept of passing**
- 3. Introduce concept of space/positions**

U7 (Age 6-7):

- 1. Mastery of age appropriate technical skills**
- 2. Mastery of age appropriate space/positions**
- 3. Mastery of age appropriate passing**

Pee-Wee (Age 3-4):

1. Movement/Gross Motor Skills:

A. By the end of Pee Wee – kids will be able to navigate an obstacle course with and without a ball

B. By the end of Pee Wee – kids will be able to navigate through various rings/Ladders; including:

- Frog Jumps – 2 feet together
- Frog Jumps – 2 feet apart
- Run through – 1 Foot in each
- Hot Feet – 2 feet in each
- Zig Zag – side to side

2. Basic Soccer Concepts – Kicking/Dribbling

A. By the end of Pee Wee – kids will be able to dribble a soccer ball in a direction, including:

- Dribble toward a goal
- Dribble through gates, obstacles, etc.

B. By the end of Pee Wee – kids will be able to demonstrate a basic level of control as they dribble, including:

- Stopping the ball and other basic commands as they dribble

C. By the end of Pee Wee – kids will be able to kick the ball at a target, including:

- Coach targets, goals, gates, etc.

3. Basic Structure – Waiting in line/Taking Turns/Listening

A. By the end of Pee Wee – kids will be able to wait in a line, take turns, and follow basic directions – including but not limited to directions during drills.

U5 (Age 4-5):

1. Direction of play and boundaries:

A. By the end of U5 – kids understand direction of play, Including:

- Being able to transition from offense to defense in both drills and games
- Being able to turn a ball to transition from offense to defense
- Being able to track back to get goal side

B. By the end of U5 – kids understand that soccer is played within boundaries, Including:

- Being able to stay within a defined grid in both drills and games

2. Soccer concepts – Kicking/Dribbling:

A. By the end of U5 – Kids will be able to demonstrate all of the following dribbling skills:

- The ability to speed dribble using both feet
- The ability to dribble through objects and obstacles with control using both feet
- The ability to control, stop, and turn using both feet
- The ability to avoid pressure by dribbling
- The ability to stay within a defined area while dribbling
- The ability to move in the desired direction with the dribble

B. By the end of U5 – kids will be able to demonstrate all of the following kicking skills:

- The ability to hit various targets from greater distances and with more power
- Introduce proper ball striking techniques, including:
 - Laces, Inside, Both feet, Striking within the flow of play

3. Introduce competition – Shielding/Winning Ball:

A. By the end of U5 – kids can effectively compete in an offense vs. defense scenario, including:

- Shielding the ball to keep a defender away
- Using the dribble and shield to avoid pressure
- Attacking a player with ball to win possession
- Players become comfortable with competitive/physical nature of the sport

U6 (Age 5-6):

1. Continue development of technical concepts – Kicking/Dribbling:

A. By the end of U6 – kids can effectively demonstrate the following Dribbling skills:

- The ability to speed dribble, under control, with foot cupped in
- The ability to box dribble both in place and moving with knees bent
- The ability to execute basic moves out of the box dribble; including:
 - Quarter turns with both feet and toe touches
 - The ability to turn with the outside on the inside of their foot

B. By the end of U6 – kids can effectively kick the ball by demonstrating the following skills:

- The ability to hit various targets from greater distances and with more power, including:
 - Corners of goals
 - Moving targets
 - Both on the ground and in the air
 - Both stationary and while moving
- Continue to develop proper ball striking techniques, including:
 - Laces, Inside, Both feet, Striking within the flow of play

2. Introduce concept of passing:

A. By the end of U6 – kids will be able to effectively pass the ball to teammates, including:

- The ability to accurately, with proper pace pass the ball to teammates both in drills and games, both stationary and with movement
- The ability to control a pass using proper trapping techniques; including:
 - Inside of both feet
 - Cushioning the ball for maximum control.

3. Introduce concept of space/positions

A. By the end of U6 – kids will demonstrate mastery of space; including:

- Taking the ball away from pressure
- Passing the ball away from pressure
- Spacing themselves from teammates and opponents both in drills and games
- The ability to move into space to receive a ball

B. By the end of U6 – kids will demonstrate a basic comprehension of positions within a formation; including:

- **Ability to articulate and properly play within each third of the field (Forward, Midfield, Defense)**
- **Ability to play in games and maintain spacing and position**

U7 (Age 6-7):

1. Mastery of age appropriate technical skills

A. By the end of U7 – Players will demonstrate the following skills:

1. The following dribbling skills:

- Speed dribble with appropriate technique, while changing speed and directions
- Execute right and left roll overs, pull backs, and forward roll overs
- While both box dribbling and speed dribbling, execute the following moves:
 - Inside turn, outside turn, Koyve turn, stop and go
- Introduce moves such as stab steps, step overs, and scissor moves
- Execute the following using both feet and one foot:
 - Outside, inside, both feet, inside/outside, Etc.

2. The following kicking skills:

- Shoot and pass the ball with proper technique including the following:
 - On the ground and in the air
 - Left foot and right foot
 - Inside and Laces
 - In practice and game situations
 - Pacing, accuracy, and power
 - Both stationary and moving
 - Both two touch and one touch

3. The following control skills:

- Properly trap and control the ball with the following:
 - Inside and laces
 - Stationary and moving
 - Introduce ball control with other body parts; including: Chest, thigh, head, etc.

2. Mastery of age appropriate space/positions:

A. By the end of U7 – kids demonstrate the following space mastery:

- Maintain proper space on the field
- Use technical skills to move away from pressure

- Introduce various space concepts, including:
 - Wall pass, give and go, overlaps, etc.
- Introduce idea of marking space not players

B. By the end of U7 – kids demonstrate the following positional mastery:

- Ability to maintain positions in more complicated formations, such as central and flank positions – as well as Forward, Mid-Field, and Defense
- Ability to understand the roles and responsibilities of various positions on the field
- Introduce the inter-workings of team formation concepts, including:
 - Support, first defender seconds defender, crossing, etc.

3. Mastery of age appropriate passing

A. By the end of U7 – kids will demonstrate mastery of the following passing skills and concepts:

- Ability to pass the ball, both in the air and on the ground to teammates in game scenarios.
- Ability to use the pass to advance the ball down the field in game scenarios
- Ability to pass the ball to score