

DRIBBLING DRILLS

4 Cone Dribble

Set cones in a square. Have players alternate how they dribble to each cone. 1st cone right foot. 2nd Cone left foot. 3rd cone alternate feet. 4th cone scissor move in middle.

Follow the leader

Have players follow you (or chose a leader) as you dribble around the field. Do stops. Direction changes. Alternate feet. Skip, run sideways, etc.

Moving goal

Find a parent helper and hold a pool noddle between you. Move around the field and have players try and dribble through the goal.

Find the coach

Players hand you their ball and you toss it out in the field. They retrieve the ball and bring it back to you. After some time move around the field as you continue to toss balls out.

Everybody is it

Mark off an area with cones. Play tag while dribbling balls. Keep track of each tag.

Cross Over

Create a circle with cones. Have the players dribble around the circle. When you call crossover they cross the center of the circle (cone in middle) without running into other players.

Draw

Have 2 players face each other with a ball in between them. (about a step away) On the word draw (or make up a name) each player tries to pull the ball towards them with the sole of their shoe.

Passing Drills

Sitting soles

Have groups sit in a small circle feet outstretched. Start with one ball in the middle and have them pass it around without getting out of their spot. Add a ball for faster play.

Line Passing

Players line up and pass to each other while moving down the field. Older players can do a 3 man weave like basketball.

Dynamic Passing

Make two lines of players facing each other. The front player in line one passes to the front player in line two then switches lines. The front player of line two traps the ball and passes to the new front player in line one and switches lines. Repeat.

Target Practice

Set up cones and have players pass to the cone. Closest to cone wins.

Shooting drills

Coach pass

Pass the ball to one side of goal have player control ball then shoot.

Coach pass 2

Player passes to coach who passes to one side of goal.

Moving Goal

Find a parent helper and hold a pool noodle between you. Move around the field and have players try and shoot through the goal.

Two on one

Have one player defend against two players on offense. Work on spacing passing and shooting.