

## U5 Coaching Goals

- No hands on the field!
- Dribbling with both feet (little touches, keep the ball close)
- Throw Ins
- Shooting
- Spread Out (Beginning of field positions)

## U5 Drills & Practice Ideas

### Dribbling

1. Coach says—Same concept as Simon Says. Coach says, dribble. Coach says, stop. Coach says, pass to a friend. Ect  
[Detailed Description of Coach Says](#)
2. Surfers & Crabs—A fun way to get kids to change direction and keep control of their ball. With some dancing and crab moves thrown in as well.  
[Surfers & Crabs Description](#)
3. Pirates of the Caribbean—Another fun option for helping young kids get use to dribbling and changing direction.  
[Pirates of the Caribbean Description](#)

### Throw Ins

1. A basic throw in: Both feet stay on the ground (They're stuck in glue!). Two hands on the ball. All throws must go over their heads.
2. Work on positioning with the kids that are not throwing the ball in. How do we defend a throw in? How do we get open so a friend can throw the ball in to us?  
[Throw In Drills](#)

### Shooting

1. 1 v. 1 drills in front of the net, work well. This teaches the kids how to get around a person in order to get the ball in the net.

## **U6 Coaching Goals**

- Dribbling with both feet
- Throw Ins
- Shooting
- Passing
- Spread Out (Beginning of field positions)

## **U6 Drills & Practice Ideas**

### Dribbling

1. Killers: Start at the goal line, run to the half-line and then back to the goal line. Turn the ball and run to the opposite goal line. This helps to get the kids into shape for running the field and they work on their dribbling skills.

### Throw Ins

\*See U5 page for tips\*

### Shooting

1. Scrimmages: Having the kids play each other is one of the best ways to incorporate all aspects of the game. This is how I like to end my practices.

### Passing

1. Gate Passing: Before you start set out cones in pairs about 2 feet apart. These are your gates. Randomly position them all over the field. Players work in groups of two, they have to try to get through all of the gates by passing the ball to one another. You can have someone be "it" that is trying to take their ball away, or you can run this as a race and see who can get through the gates the quickest.

### Spread Out (Beginning of field positions)

1. At this age this is just the constant reminder to spread out. Don't just stand by your friends, don't take the ball away from your own teammate, and getting in front of the other team when they have the ball.

## U8 Coaching Goals

- Dribbling with both feet
- Shooting (Both feet)
- Passing
- Field Positions

## U8 Drills & Practice Ideas

### Dribbling

1. Killers \*See U6 sheet for details if necessary.\*

### Shooting

1. Crossing the ball: Split the team into two groups. One side has a ball and then other does not. One side starts at mid field and dribbles toward the net. Instead of shooting they cross (or pass) the ball across the field to their teammate who shoots into the net.
2. For a scrimmage idea instead of using the nets, have 3 flat cones at each end of the field. Place a soccer ball on top of each cone. In order to score a point you must knock the soccer ball off the cone with the game ball. The first team to knock all 3 off wins. This teaches the players how to control the ball and aim where they are shooting.

### Passing

1. During a scrimmage have a rule that no one can shoot until the ball has been passed x amount of times.
2. Give & Go: Have players work with partners. Each pair has a ball. Have each player pass to their team mate and then run pass them. Repeat down the field. This gets the kids the idea of not standing still on the field.

### Field Positions (Forwards, Defense, & Midfield)

1. Put cones out on the field during a scrimmage, breaking the field into 4 quarters. This helps the players to learn where they should be on the field and in what situations to go help on the other side. Forwards stay in their boxes, Defense in their boxes, and the mids run the whole field being helpers.