

Wee Devil Drills

Warm-Up

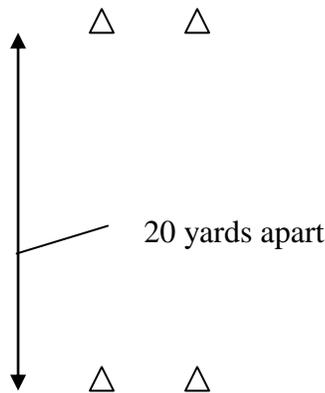
A good warm-up helps to reduce injury and is a fun way to get the kids ready for the day. Some fun things to do include tag, Simon says, stretching, running around field, leap frog, or duck, duck goose. Coaches are not limited to any of these, so be creative.

1). THE TURN AROUND DRILL

Purpose: To teach the player to physically turn around and change direction with the ball.

Supplies: Four Cones and each player needs a ball.

Set Up: Two cones set four feet apart with the other set of two cones 20 yards away.



Directions: Each player will dribble their ball towards a set of cones. They will dribble through the cones and around them to head towards the other set. When a coach says their name and “TURN AROUND”, (ie. “Sally, TURN AROUND!”) the player must stop and turn around to change direction. Only when their name is called do they turn around.

Show the players how to step past the ball and push it the direction they want to go, then turn and dribble away.

This drill will also get the players used to keeping their heads up while dribbling as players will be dribbling towards each other throughout the drill.

2). THE 20 BALL DRILL

Purpose: To get players accustomed to dribbling the ball to the goal and taking shots.

Supplies: Twenty soccer balls (these will be provided for you) and a goal.

Set Up: Place the soccer balls together at midfield with the players behind them, facing a goal.

Directions: Each player will dribble a ball to the goal and shoot it. The ball must stay in the goal to count. After they make a goal, the player must run back and get another ball to dribble and shoot. When all the balls are in the goal the drill can be started again.

This drill can also be divided with two goals, 10 balls per team, first team to get all of their ten balls in their goal wins. We will add this later in the season.

3). WHICH BODY PART

Purpose: Players need to learn control, vision and listening skills.

Supplies: Each player needs a ball.

Set Up: No set up is needed for this drill.

Directions: Players will dribble their ball in a defined area until the coach yells out the name of a body part. The player will then use that body part to stop the ball. You can use the foot, bottom of foot, toe, shoe laces, knee, rear, stomach, elbows, shoulders, forehead, head and anything else that may be appropriate.

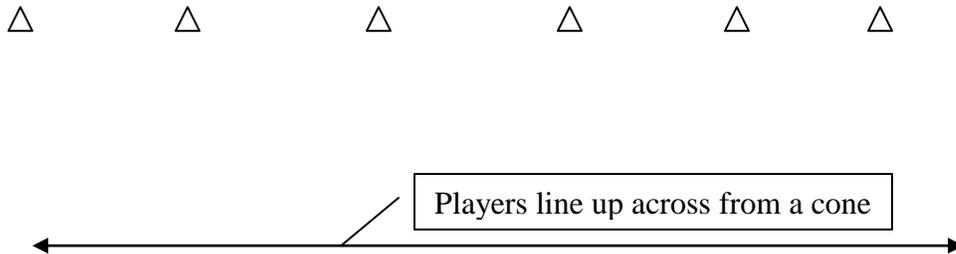
It is important that each player controls their ball and their body, feels comfortable with the ball and avoids running into other players.

4). CLIFF HANGER

Purpose: Teach the player how to control the distance they kick the ball.

Supplies: Six cones and a ball for every player.

Set Up: Arrange the six cones in straight line about three feet apart.



Directions: Players will try to kick their ball towards the cone and have it stop just before it. If the ball goes past the cone, it falls off the cliff. If the ball doesn't make it to the cone, the player may kick it again to get it there. The goal is to have no more than two touches to get the ball to the cone.

5). COACH SAYS

Purpose: Players need to listen while controlling the ball.

Supplies: Every player needs a ball.

Set Up: No set up is needed for this drill.

Directions: Just like Simon Says, but Coach Says...Players need to do what the coach asks but only when they say COACH SAYS...examples are:

COACH SAYS...

Do ten toe touches

Dribble around the goal

Sprint to the goal

Score a goal

Move the ball back and forth from each foot

Make this very fun...Kids enjoy being silly and this drill allows them to listen, practice a skill and still have a great time.

When a player does something without the coach saying Coach Says, have them perform a task (toe touches, jumping jacks, dribble around the goal) and when they complete the task, they are back in the game. No player should be sitting out, doing nothing.

6). KICK THE COACH

Purpose: Players learn to aim the ball while moving.

Supplies: Every player needs a ball.

Set Up: No set up needed for this drill.

Directions: Players line up shoulder to shoulder about 10 feet from Coach. When coach says "GO!", they begin moving away from players. The players must try to catch up to the coach and kick their ball at them. After they have hit the coach three times, the Coach must make a silly animal noise. Let the players pick which animal before you start. Vary your speed and direction to challenge the players, but always give them a chance to hit you.

7). KNOCK OUT

Purpose: Players get comfortable with the ball while moving and also learn to kick the ball away from opponent.

Supplies: 8 cones and each player needs a ball.

Set Up: Arrange the cones in a 60 x 60 square.



Directions: Players start inside the square. On command, players begin dribbling, under control, staying inside the square. Without losing control of their ball, they may kick the ball of another player. If the other player's ball goes out of the square, they must retrieve it and perform a task to get back into the square. Examples are ten toe touches, dribble around outside of the square, jumping jacks, etc. Remember, no player should be sitting out! Always have something for them to do to get back into the game.

☀ This can also be called sharks and minnows or monster.