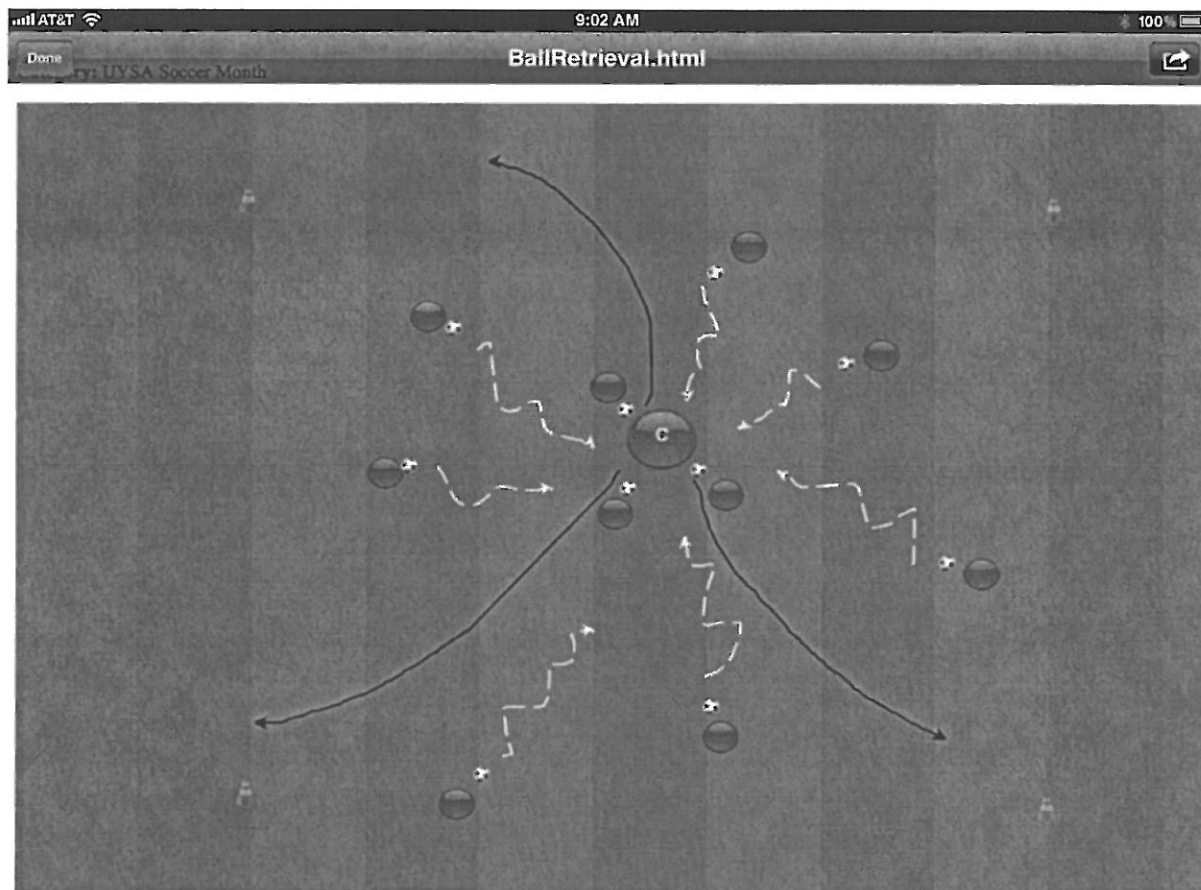


Ball Retrieval

Description: The coach tosses the ball for each player to bring back with his or her hands, elbow, forehead, etc. Have all the players gather closely around you, but not in a line. Each one hands you their ball, which you toss randomly into an open area where they have to go retrieve it and bring it back to you in the manner that you specify as quickly as possible. Progressions: Bring the ball back with two hands, one hand and one forehead, right foot only, etc. The coach should move around the area. Progress to playing in pairs if players are older

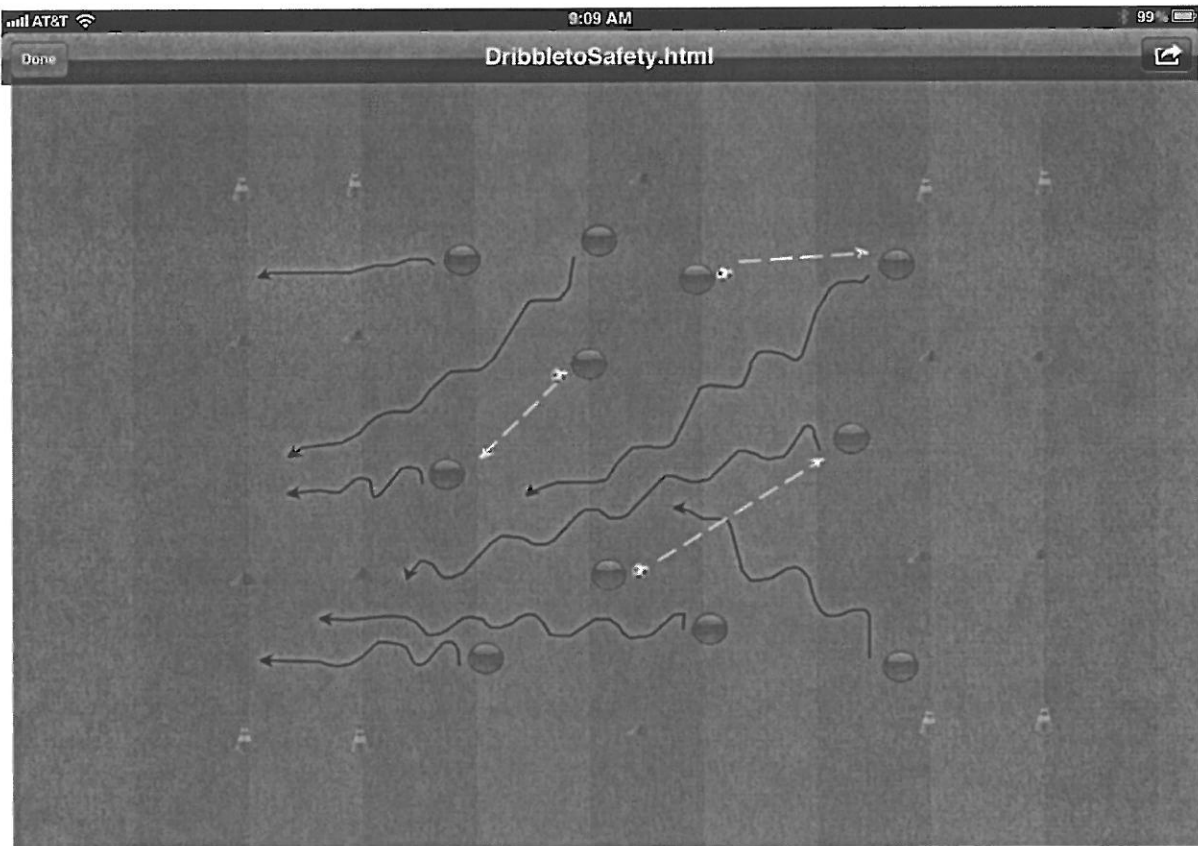
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Dribble to Safety

Description: Set up an area with two end zones at each end. The players must try to get from one end zone to the other. Between the two end zones should be two or three players with balls. As the players are going from end zone to end zone the players in the middle try to pass their ball into one of the players running to the other end zone. Players that are hit, get a ball and join players in between two zones. Progression: Give the people going from zone to zone a ball.

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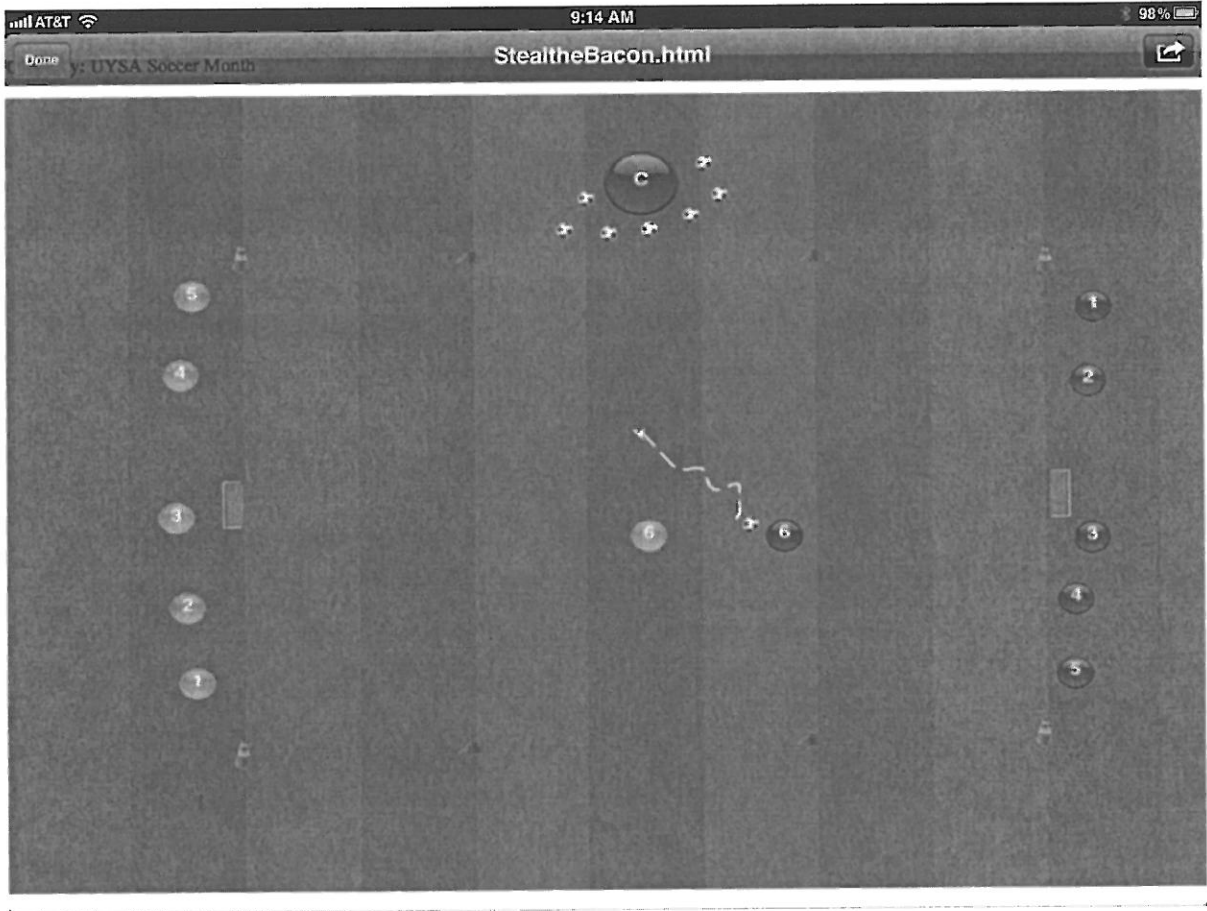


Notes:

Steal the Bacon

Description: Two teams of equal numbers stand at either end of a 25 x 18 yard field (or as needed), with small goals on each end. Give each player a number. Coach sends in a ball and calls out a number and that number from each end goes onto the field and plays 1v1. Progressions: Call multiple numbers from each side to create 2v2, 3v3 and 4v4. Add multiple balls to game.

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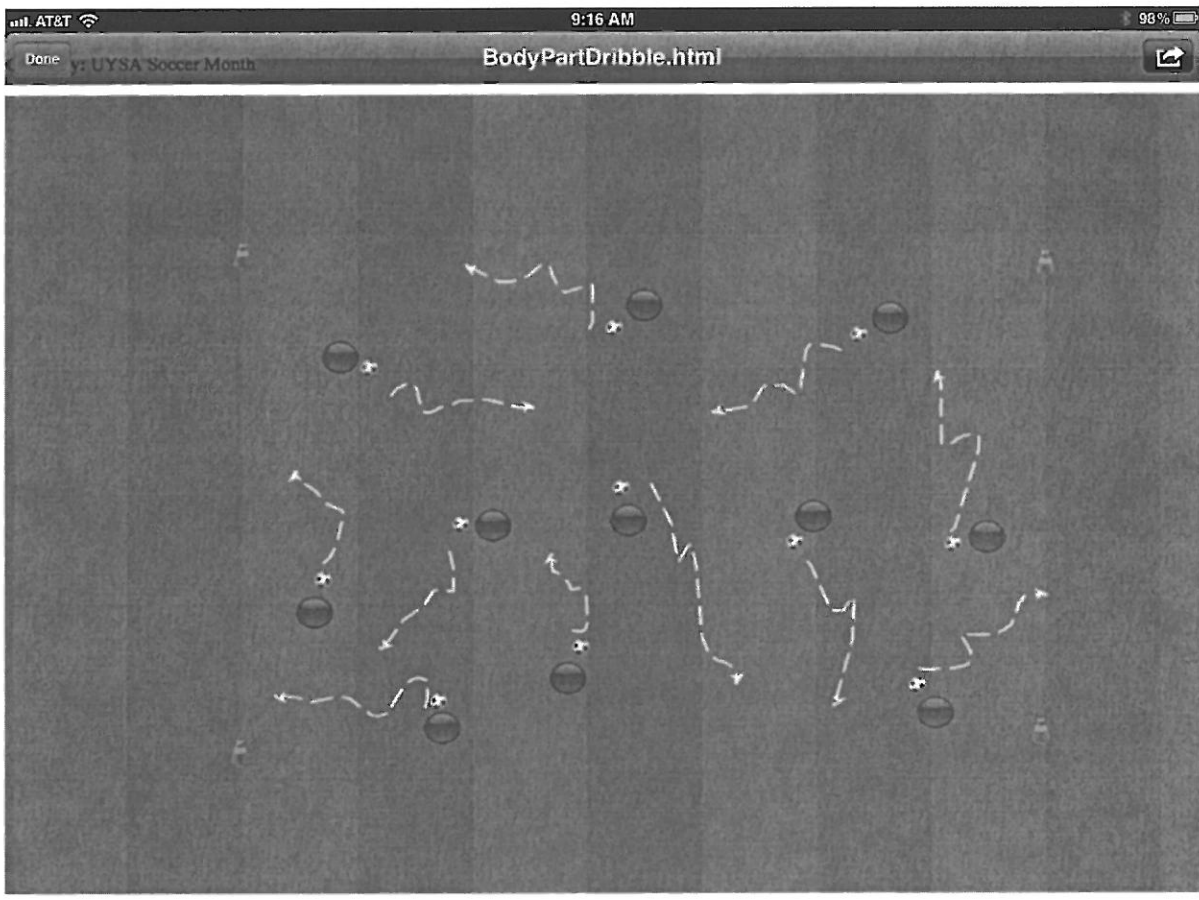


Body Part Dribble

Description: Each player has a ball in an area. The coach yells out a body part and the players must move the ball with that body part. Examples include: hands, elbows, shoulders, feet, buttocks, patella (see what they do, it should be the knee).

Progressions: Introduce tick-tock (passing the ball between the inside of the left foot and the inside of the right foot back and forth) and tap dance (lightly touch the ball with the bottom of the right foot and then the bottom of the left foot, the ball should not move).

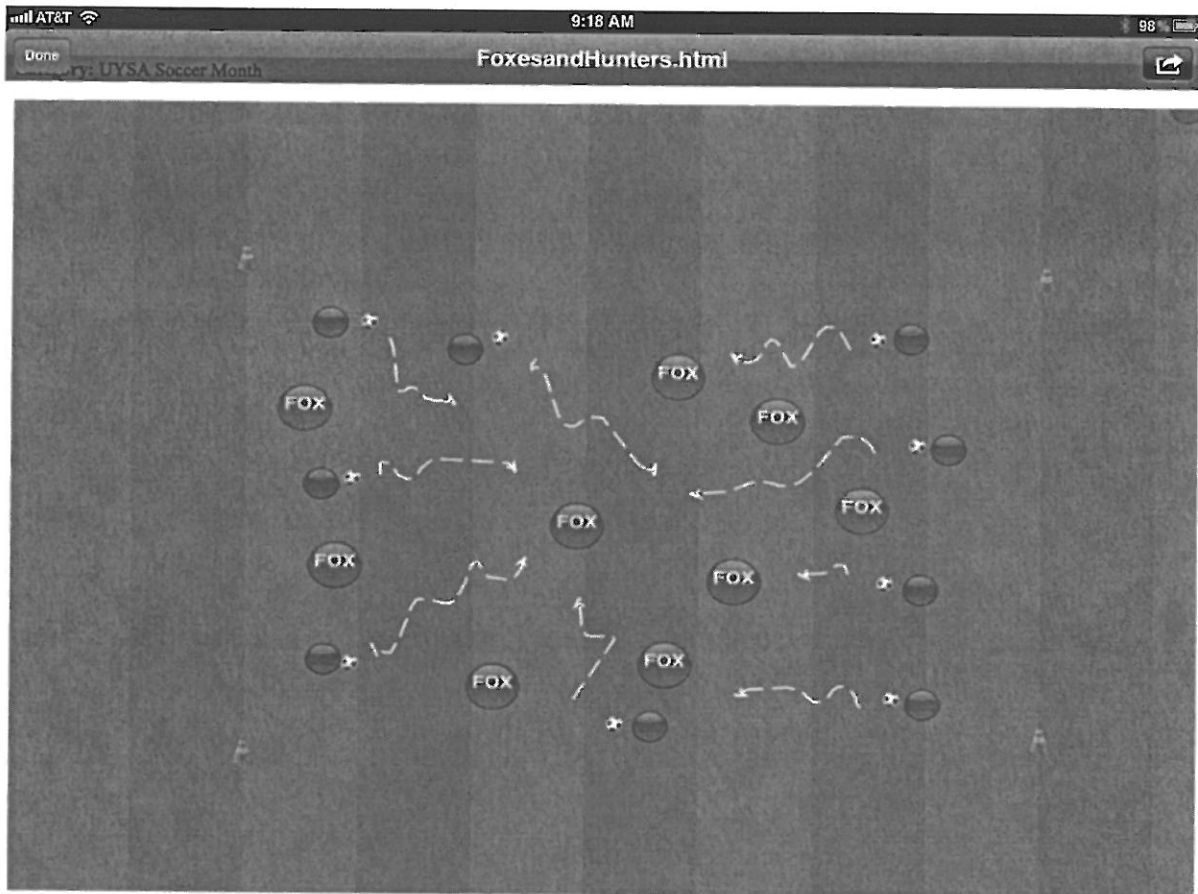
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Foxes and Hunters

Description: Players on the inside of a marked area are foxes. Players on the outside are hunters. Hunters dribble into the grid and try to dribble their ball into the foxes so that it hits them below the knees. If a fox is hit, the fox drops down to one knee and tries to kick the ball away from the other hunters that are dribbling by. Once all of the foxes are down switch roles and repeat. Time each team, the team that stays alive longest wins. Progressions: Specify how hunters must dribble.

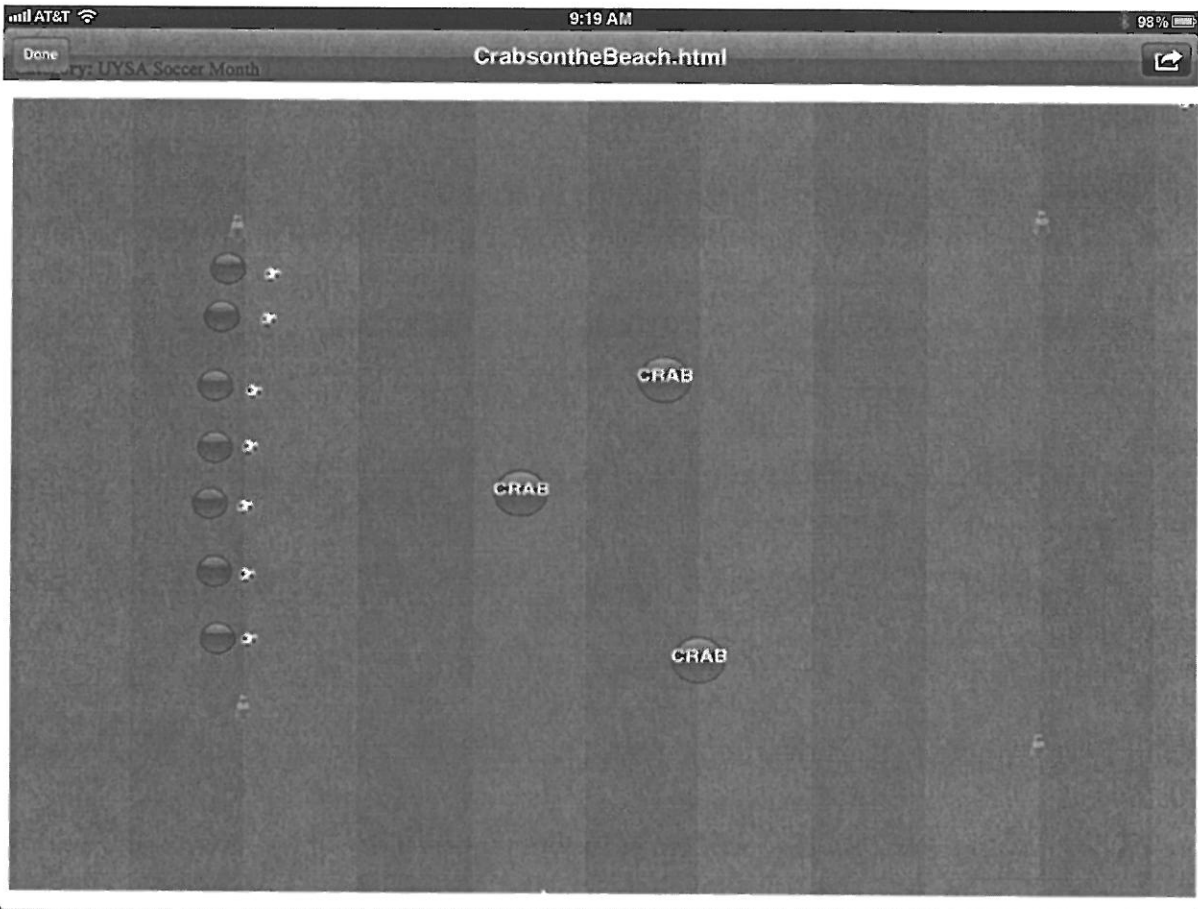
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Crabs on the Beach

Description: Set up a 20 x 30 yard grid (or as needed). Have each player except for two or three stand on one of the end-lines, each with a ball. Have the two or three players in the middle of the grid in the crab position (on all fours with belly upwards). The players on the end-line must dribble across the beach avoiding the crabs to get to the ocean. The crabs try to kick balls out of the area (or just touch them). When a player has their ball kicked out they become a crab as well. The players that make it across, on coaches command players turn around and come back. Progressions: Specify how players must dribble.

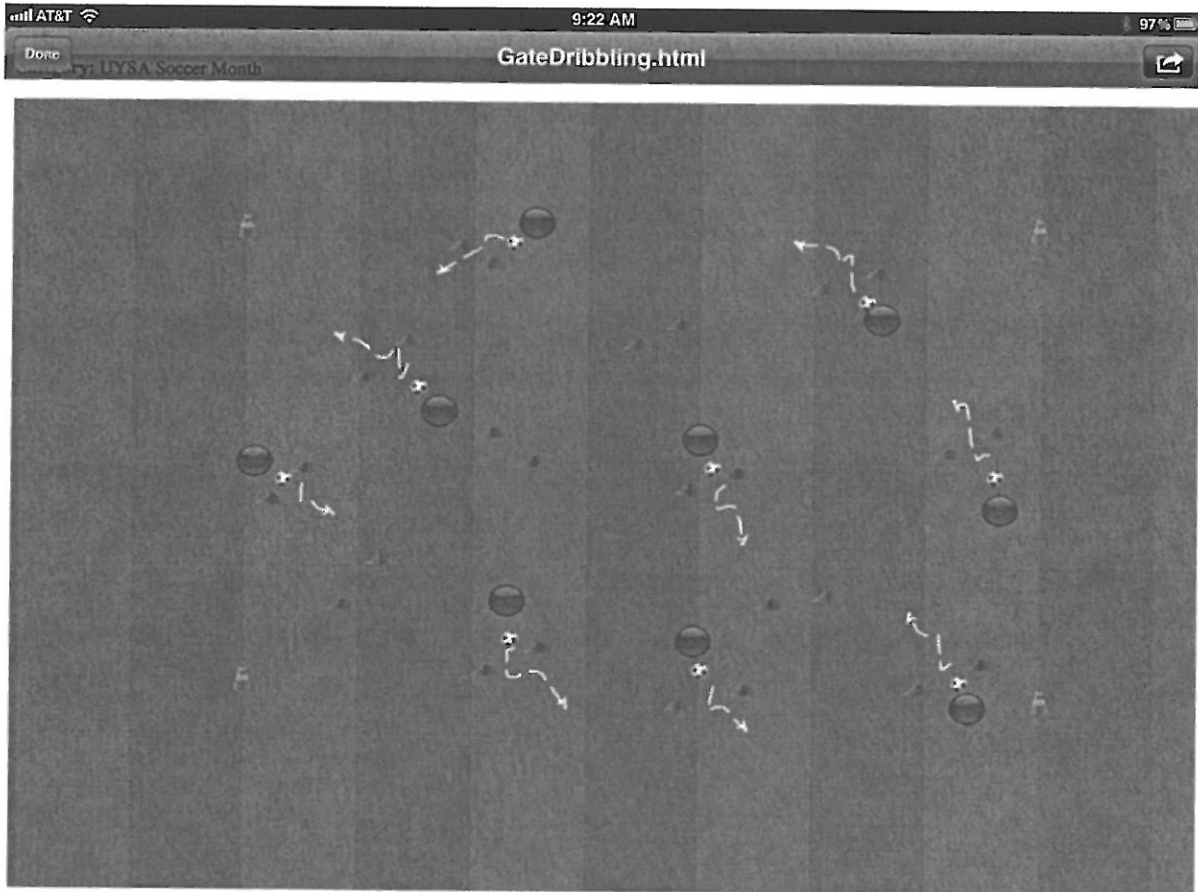
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Gate Dribbling

Description: Each player with a ball. Set up a series of small goals or gates using disc cones throughout a 30 x 30 yard area (or as needed). In order to score a point players must dribble the ball through a goal. Play for 1 minute at a time. Players keep track of score and try to beat it in each round. Progressions: Specify how players must dribble.

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Sharks and Minnows

Description: Mark off an area on the field as the pond. Choose a couple of players to be sharks – they won't have balls, but they are on the prowl for someone else's. All the other players are minnows dribbling around in the pond. The sharks must try to take someone else's ball away or kick the person's ball out of the pond. If they succeed, then they become a minnow, and the person whose ball was kicked becomes the shark.

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