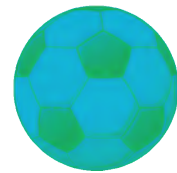




Scoring the Goal

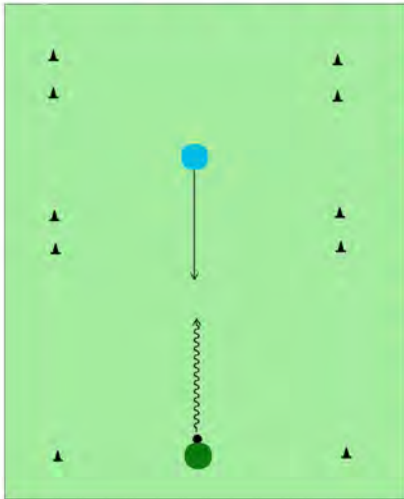
Boys Soccer
Drill Packet



CYO
athletics



1 ON 1 CONE GATES



Skill Set: Dribbling, Defense

Objectives: competition, individual moves, shooting, possibly passing.

Step 1:

The green player (attacker) moves forward with the ball in an attempt to try and dribble it through one of the four cone gates. The blue player (defender) moves forward to prevent the green player from doing so.

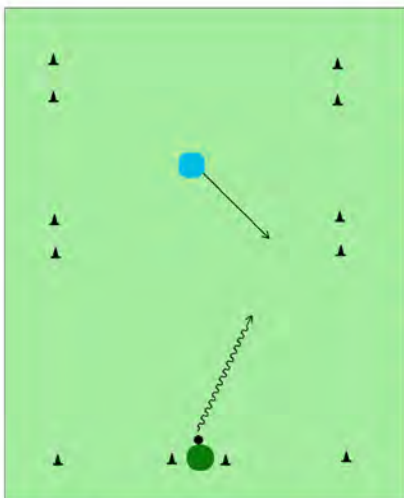
Step 2:

The green player scores one point for dribbling the ball through one of the nearer gates and three points if they go through one of the further gates.

The blue defender tries to win the ball in a tackle or pressure the opponent to make them move away from the gate or lose control. If this happens, both players must return to their start positions.

Play five times then swap roles.

Play 2/3 rounds and then change partners, putting players who got the most/least points against each other.



Variations

You may want to start with less balls.

Change passes or move in the opposite direction of passes.

If the blue player wins the ball they can score three points by passing or dribbling the ball through the cone gate at the green player's end of the playing area.

Play keeps going until one of the players scores a point(s) or the ball leaves the playing area, in which case both players return to their starting positions and begin again.

You could also play 2 v 1 or 2 v 2.

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QUICKFIRE



Skill Set: Penalty area shooting

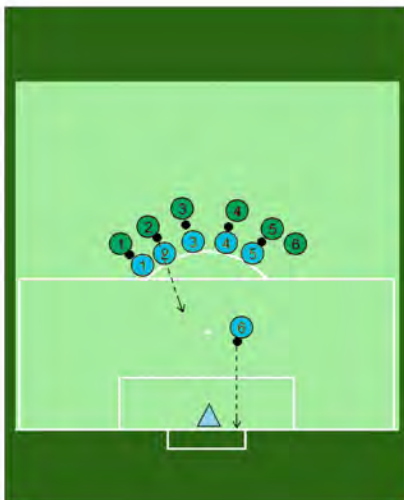
Objectives: shooting, passing, goalkeeping

Step 1:

Numbered pairs of players stand on the edge of the penalty area, both facing towards the goal.

If you've got an odd number of players then use one of them as a goalkeeper but if you've got an even number then the coach could go in goal.

The green players have a ball at their feet and the blue players stand with their legs open.



Step 2:

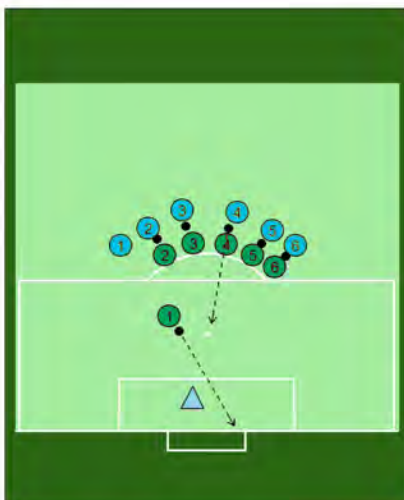
When their number is called by the coach, the green player passes the ball between the blue player's legs for them to run on to and take a shot on goal.

As soon as the shot has been taken the coach then calls another number for that pair to do the same.

Step 3:

Quickly go through each pair and then reverse roles.

Pairs and/or teams can compete against each other with the number of goals scored in a certain number of rounds.



Variations

Younger players can roll the ball between their partner's legs.

Blue players face away from the goal to turn and shoot.

Green players throw the ball over the yellow player's heads for them to run on to and strike on the volley/half-volley.

The coach shouts two numbers. The first number receives a pass through the legs to shoot whilst the second number tries to pressure or even make a tackle.

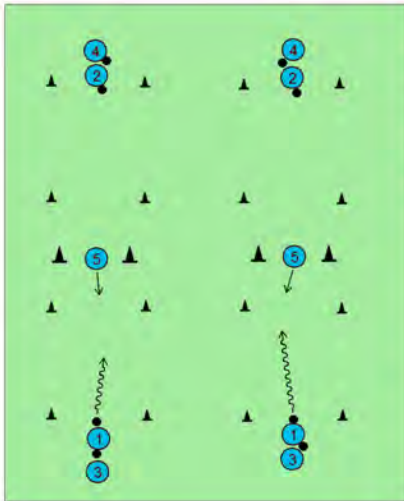
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GOALIE SWAP



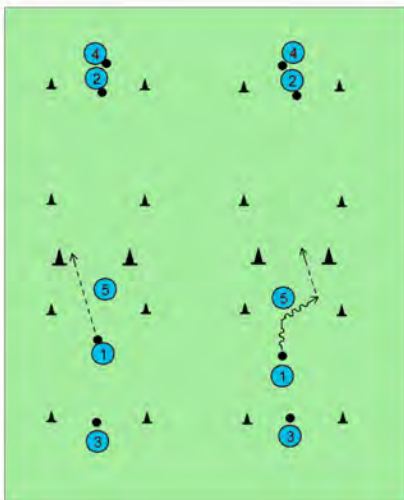
Skill Set: Dribbling, Defense, Goalkeeping, teamwork.

Objectives: competition, individual moves, shooting, defending.

Step 1:

Players stand at each end of a channel with a ball each. In the middle of the channel is a cone goal with Player 5 acting as a goalkeeper.

Player 1 begins by dribbling the ball down the channel towards the goal.



Step 2:

Player 1 in the channel on the left of the diagram has decided to shoot to the corner of the goal.

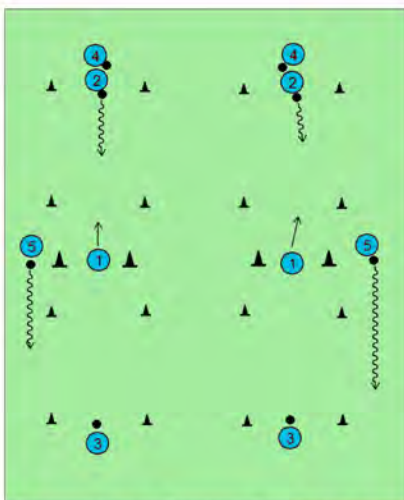
Player 1 in the channel on the right of the diagram has decided to dribble around the goalkeeper before passing the ball into an empty goal.

Step 3:

Player 1 then takes the place of Player 5 as the goalkeeper.

Player 2 then starts to dribble from the other end of the channel to attempt to score on goal.

Player 5 retrieves the ball and dribbles down the sides of the channel to join Player 3. The players continue to rotate around in a similar way so that all of them take on the role of the goalkeeper.



After a few rounds you could make it more competitive by keeping score for each team and also giving extra points for players demonstrating good skills.

Variations

Each player could start with three lives and lose one each time they fail to score but also gain one if they made a good save as the goalkeeper.

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1ST TO TOUCH-SHOOT!!!

CYO

athletics



Skill Set: Shooting, Goalkeeping.
Objectives: shooting, goal defense, competition, accuracy.

Step 1:

Two lines of players stand either side of the coach at the edge of the penalty area.

The first blue player stands facing the coach and side-on to the goal. The coach passes the ball into the feet of the blue player.

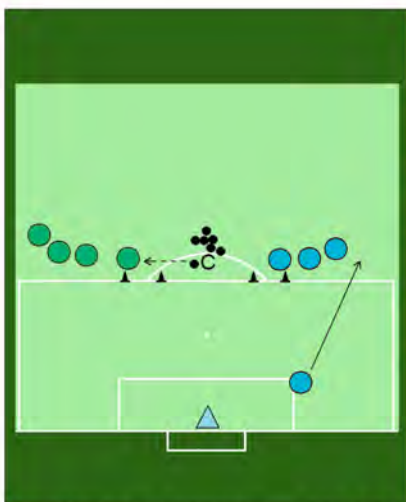
Step 2:

The blue player controls the ball with their right foot, through the cone gate and into the penalty area where they take a shot on goal.

Step 3:

The coach then turns and plays a ball into the feet of the green player, who takes it on their left foot through the cone gate and shoot on goal.

Swap players to the other side after a few rounds and you can make it more competitive by keeping scores.



Variations

One touch through the cone gate and first time shot only.

When the blue player enters the penalty area to shoot, have the first green player follow in to take advantage of any rebounds.

Do the same but have the green player acting as a defender to add extra pressure.

The coach feeds the ball in the air for the player to control first or for their controlling touch to take them through the cone gate.

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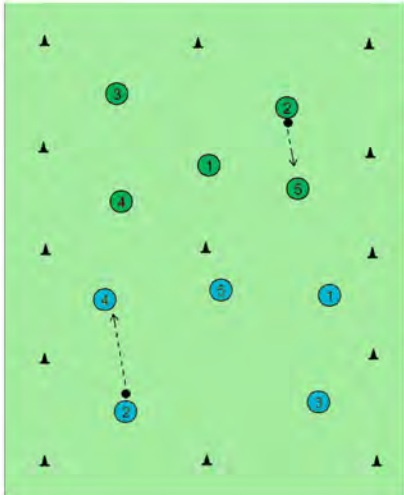


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4



SNATCH



Skill Set: Dribbling, Defense, Goalkeeping, Teamwork, Passing.
Objectives: competition, individual moves, shooting, defending, dribbling.

Step 1:

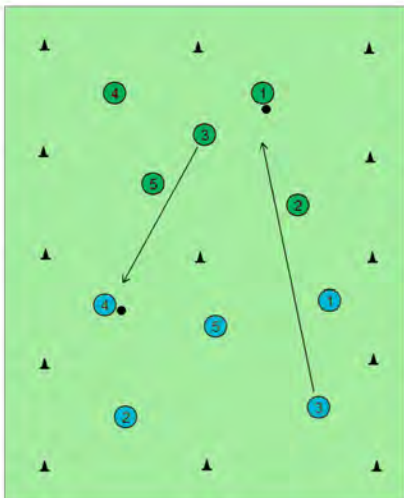
Each team moves around their own square dribbling and passing the ball between each other.

Step 2:

The coach shouts a number and that player must run quickly into the opposing team's square and try to win the ball. Set a 20 second time limit for the Snatch to take place.

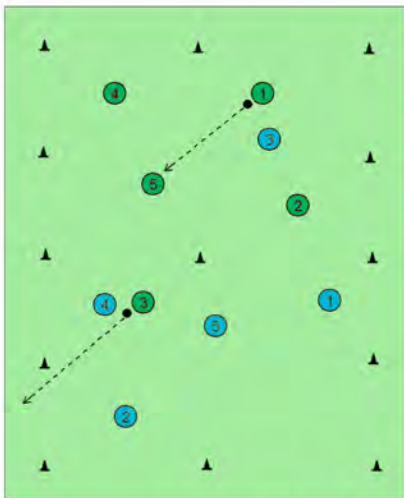
Step 3:

If the player knocks the ball out of the playing area they score one point but if the Snatcher manages to pass or dribble the ball back into their own team's square they get three points. Play several rounds calling different numbers each time.



Variations

If you have a larger group then each team could have two balls to pass around in their square. You could also call more than one number of players to go into opposing team's square to be Snatchers.



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SHOOTOUT!!



Skill Set: Dribbling, Goalkeeping, teamwork.

Objectives: competition, individual moves, shooting, goal defending.

Step 1:

Each player in the line has a ball with a supply of spare balls close by to keep the drill flowing.

On a signal from the coach, both Player 2s pass the ball into the feet of Player 1s.



Step 2:

Player 1 controls the ball and shoots at goal.

After taking their shot Player 1 runs to the back of their line and Player 2 runs out to the cone between the goals.

Step 3:

Player 3 then passes a ball for Player 2 to control and shoot at goal.

Teams can compete against each other by being the first to score 5/10 goals or by scoring the most goals in a set period of time.



Variations

Teams can move to the other side of the goal for another round.

Players run to the opposite line as soon as they have taken their shot and players just keep rotating in this way. Challenge the whole group to then score a set number of goals within a certain time limit.

Restrict players to one controlling touch or to shoot first time.

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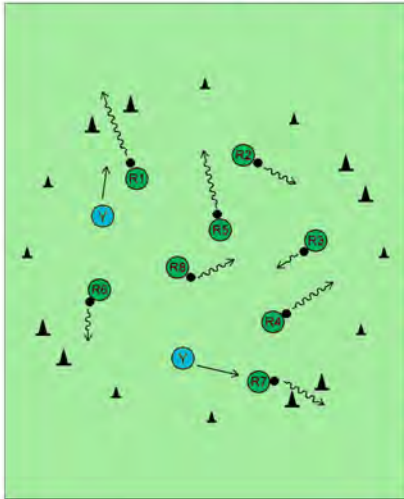


CLOSE THE GATE

CYO

Skill Set: Dribbling, Defense. **athletics**

Objectives: competition, individual moves, dribbling, defending.

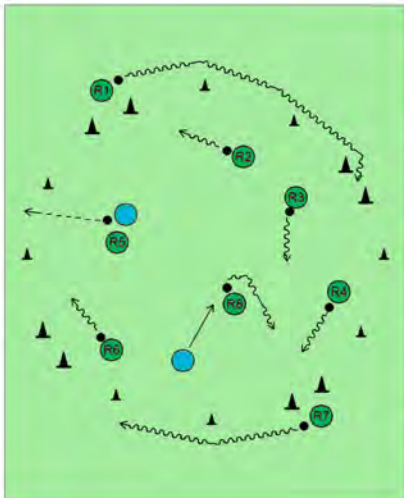


Step 1:

The green players have a ball each and must try and keep possession of their ball.

The blue players must try and pressure the red players and kick their ball out of the playing area.

Green players are allowed to dribble out of the playing area but only through one of the larger cone gates spaced out around the edge of the circle. Blue players cannot leave the playing area.



Step 2:

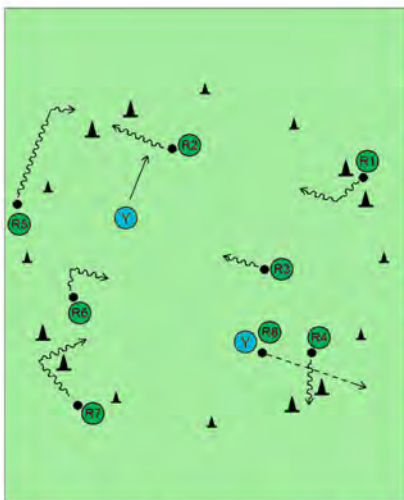
In this diagram green players 1 and 7 have escaped out of a cone gate and are dribbling around the outside of the circle to re-enter the playing area through different gates.

Green player 5 has had their ball kicked out of the playing area. The player must retrieve the ball and re-enter through a cone gate.

Green player 8 is under pressure from a blue player so has turned towards a cone gate to escape to safety if necessary.

Step 3:

Play for 1/2 minutes then swap two green players with the blue players. They then have to try and kick more balls out of the playing area than the previous pair. Play until all the group have taken the role of the blue players.



Variations

Play 5 v 3 depending on the age or ability of the group but if you play with a larger group make sure you have more cone gates than blue players.

When a green player has their ball kicked out they are not allowed to retrieve it but can offer support to other green players to help keep possession of their ball.

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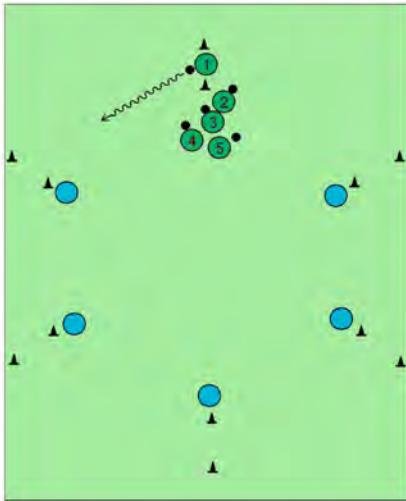


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7



AROUND THE WORLD



Skill Set: Dribbling, Passing
Objectives: Teamwork, dribbling, anticipation, communication..

Step 1:

Green player 1 starts by dribbling the ball towards the next cone gate in the circle.

Step 2:

Green player 1 passes the ball to the blue player at the inside of the circle and then continues their run through the cone gate.

Step 3:

Green Player 1 receives the ball back from the blue player at the inside of the circle and then continues to dribble to the next cone gate to repeat the sequence.

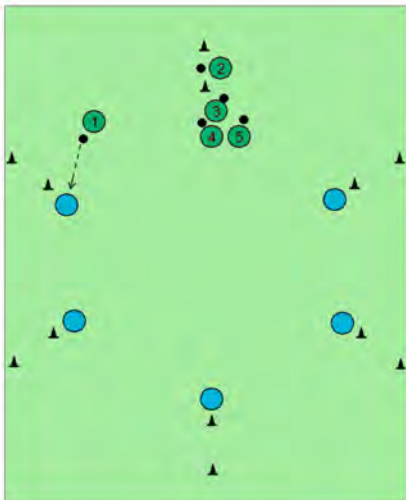
Green Player 2 then sets off around the circle and the other green players continue to set off in turn. Teams swap over.

Variations

Blue players stand in between the cones at the gates and lay-off the ball to either the outside or the inside of the circle for the green player to run on to and continue to the next gate.

Blue players pass straight back to the green player for them to control through the gate with their first touch before moving on.

Blue players pick up the ball and feed it back to the green player in the air for them to control through the gate before moving on.



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COMPETE TO SCORE



Skill Set: Dribbling, Defense, Goalkeeping, shooting.
Objectives: competition, individual moves, shooting, defending.

Step 1:

Two teams line up on the goal line at the edge of the six yard area.

The coach throws a ball over the goal and the first player from each team runs out to compete for the ball.

Step 2:

In this diagram the yellow player has got to the ball first so they become the attacker. They must try and turn and get a shot on goal.

The red player must try to stop the yellow player from shooting and if possible win the ball in a tackle.

Step 3:

If this happens the red player becomes the attacker and the yellow player tries to defend.

Allow 20/30 seconds for one of the players to get a shot on goal or score.

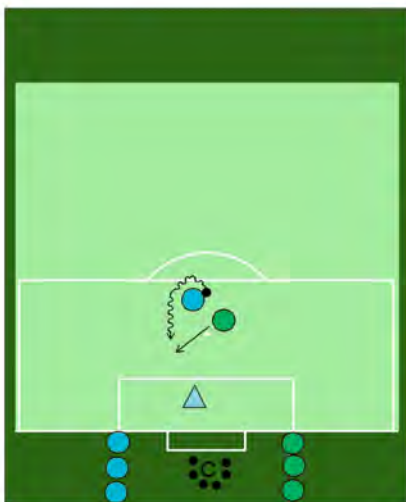
The coach then throws out another ball for the next player from each team.

Keep a running total of the team scores. The coach can favour one of the players with the throw if they have not got to the ball first after a couple of rounds.

Variations

Start in different positions.

Give players numbers like in 'Steal the Bacon'.



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