

# 15 Soccer Drills for Kids



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## 1. Mud Monsters kids' soccer drill

### Set up:

- 10 x 10 yard area
- 1 soccer ball per player
- 2 Pinnies

### Instructions:

This is a fun tagging type of soccer game and it is a very easy game to understand and play.

Set up your 10 x 10 yard area and In your group of players ask 1 or 2 of them to become the mud monster (the taggers), give them a pinnie to hold onto so they are easily identifiable.

The other players will have a soccer ball at their feet and try to dribble away from the mud monsters.

The mud monsters must try and tag as many players as they can, if they tag a player the soccer player they become frozen and must hold their soccer ball above their head and stand with their feet shoulder width apart (wide enough so a soccer ball can be passed through).

The way a player becomes unfrozen is if another soccer players dribbling their ball passes the ball through their legs, then can then place their soccer ball on the floor and carry on dribbling again.

If this is too hard players can instead be freed by a high five.

If the mud monsters tag everyone then they will be the winners.

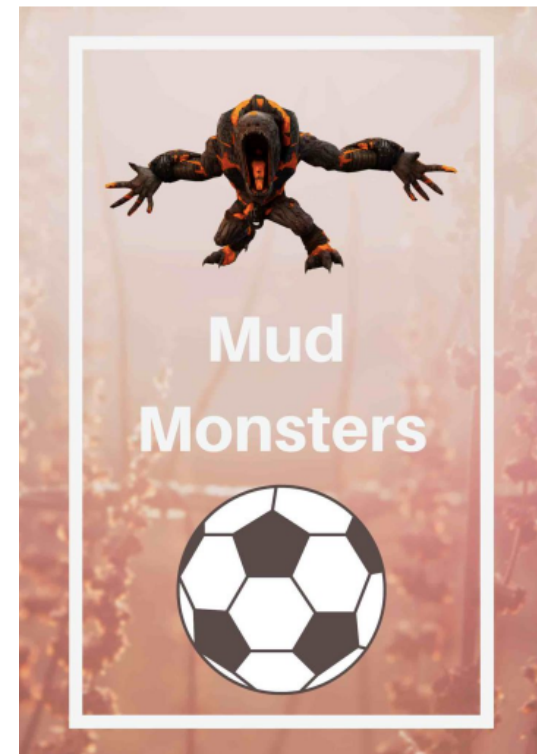
### Coaching points:

- Take small touches to keep the soccer ball close to you

- Run really fast away from the mud monster and take big touches out of your feet
- Dribble with your head up.

### Questions that can lead to coaching points:

- What kind of touches should you take to keep the soccer ball close to your feet?
- What kind of touches should you take if the mud monster is chasing you?
- How do you know where the mud monsters are?



## 2. Bug Splatter kids soccer drill

### Set up:

- 10 x 10 yard area
- 1 soccer ball per player

### Instructions:

This another fun soccer game that kids love to play, especially with younger age groups.

Depending on the size of your group you may want to ask 1 or 2 players to become the bug splatter. These players will pick up their soccer ball and hold it in their hands with the rest of the players dribbling the soccer ball.

After you have selected the bug splatter give your other players 5 seconds to spread out and find space away from the bug splatter. Once you get to 0 the bug splatter must try and throw their soccer ball and hit someone else's soccer ball who is trying to dribble away.

If this happens the player whose soccer ball just got hit will become a bug splatter as well, making 2 bug splatters.

This will continue until there is only one soccer player dribbling their soccer ball and they will be the winner.

### Coaching points:

- Dribble with your head up
- Protect your soccer ball by placing your body between your soccer ball and the bug splatter
- Take small touches to change direction quickly

### Questions that can lead to coaching points:

- Why should you dribble with your head up?
- How can you protect your soccer ball?
- How can you change direction to get away from the bug splatter?



### 3. Sharks and Surfers Soccer Drill

#### Set up:

- 10 x 10 yard area
- 1 soccer ball per player

#### Instructions:

As well as sharks and surfers this soccer game can also be known as sharks and minnows, British bulldog.

For this soccer you need to make sure that every player has a soccer ball and is lined up one of the lines, standing next to each other shoulder to shoulder and ask 1 player to become the shark in the middle.

When you say 'go' these players will have to dribble past the line that is directly opposite them on the other side of the area. Once they have crossed the line they are safe. They will then line up again, shoulder to shoulder on the line they just crossed and when you say 'go' they will dribble back across the line they started on.

However as they dribble across the middle section the shark can steal their soccer ball and kick the soccer ball out of the area. If the shark manages to do this then the player's soccer ball who they kicked out of the area will also become a shark.

If a player also dribbles their soccer ball out of the area (past the sidelines) then they will also become a shark.

This will continue until there is only one surfer left and they will become the winner.

#### Coaching Points:

- Try using quick changes of direction to get past the shark
- Dribble with your head up

- Find gaps/space to dribble the ball through
- Questions that can lead to coaching points:**
- What can you do to make it easier getting past the shark?
  - Why should you dribble with your head up?
  - Should you be looking to dribble where everyone is dribbling or dribble through a space?



#### 4. Soccer marbles kids soccer drill

**Set up:**

- 10 x 10 yard area
- 1 soccer ball per player

**Instructions:**

This fun soccer game is great because every player has the opportunity to score points and competing against other players' scores as well as trying to beat their scores from the previous round.

For this game make sure that everyone has a soccer ball inside your 10 x 10 yard area and ask everyone to spread and find some space.

The way players score points in this game is by kicking their soccer ball and hitting another player's soccer ball, if they manage to do this successfully then they will get 1 point.

The players will keep going and the player with the highest score will be the winner. Ask the players to remember their score and encourage them to try and beat it in the next round.

Here are some different rules you can introduce:

- Marble destroyer

Select one player to be the marble destroyer, if this player kicks their soccer ball and hits your soccer ball your score will go back to zero

- Marble Champion

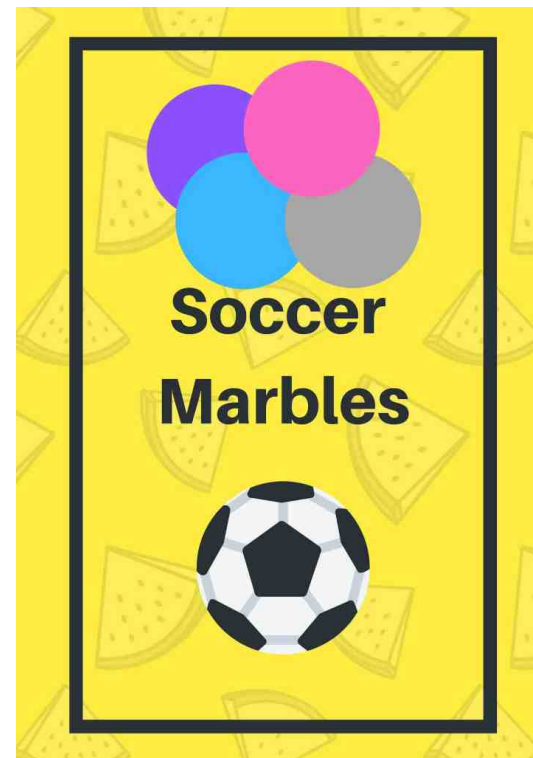
If you kick your soccer and hit this player's soccer ball you get double points.

**Coaching points:**

- Pass with the inside of your foot
- Small touches to keep control of the soccer ball
- Change of direction to get away from other players

**Questions that can lead to coaching points:**

- What part of the foot should you use to pass the ball?
- What type of touches should you take to easily change direction?
- How can you get away from someone who is about to get your soccer ball?



## 5. Trucks and Trailers kids soccer drill

### Set up:

- 10 x 10 yard area
- 1 soccer ball per player

### Instructions:

This is a fun soccer game that has a focus on dribbling with players head up and passing skills.

Get every player into pairs with one ball in each pair, one player becomes the truck and the other player becomes the trailer.

The truck will be the leader without a soccer ball; they must try and get as far away from the trailer as possible.

The trailer has the soccer ball and they must stay as close to the truck as they can while dribbling the soccer ball.

When the coach shouts 'Freeze' the truck and the trailer must stand still.

The truck then must face the trailer and open their legs, the trailer must then try to pass the soccer ball between the trucks legs.

If they successfully do this they get a point, swap round the pair roles.

### Coaching points:

- Pass with the inside of your foot
- Dribble your head up so you can see where your partner is
- Small touches so its easier to change direction

### Questions that can lead to coaching points:

- What part of the foot should you use for an accurate pass?
- Why do you want to dribble with your head up?
- What kind of touches should you take if you partner is trying to get away from you?





## 6. King and queen of the castle soccer game

### Set up:

- 10 x 10 yard area
- Create 3 3 x 3 yard area within the large area
- 1 soccer ball per player

### Instructions:

This is soccer game that starts introducing skills and turns to players that they can use against defenders.

They are able tow get lots of repetition of using skills and turns and scoring lots of points.

Once you have set up your area create make your 3 smaller boxes inside the area spread out from each other.

Ask 3 of your players to become the king or queen of the area. (1 player per area).

All the other players will have soccer ball and they must try and get as many points as possible. The way players get points is by dribbling through the square with the king and queens in them.

If a players exits the square through the same way they came in or exit to the side they will get one point, however if the player exits the on the side opposite to they way they came in they will get 3 points.

The winner of each round will be the player with the most points and remember to swap the king and queens of the castle at the end of each round.

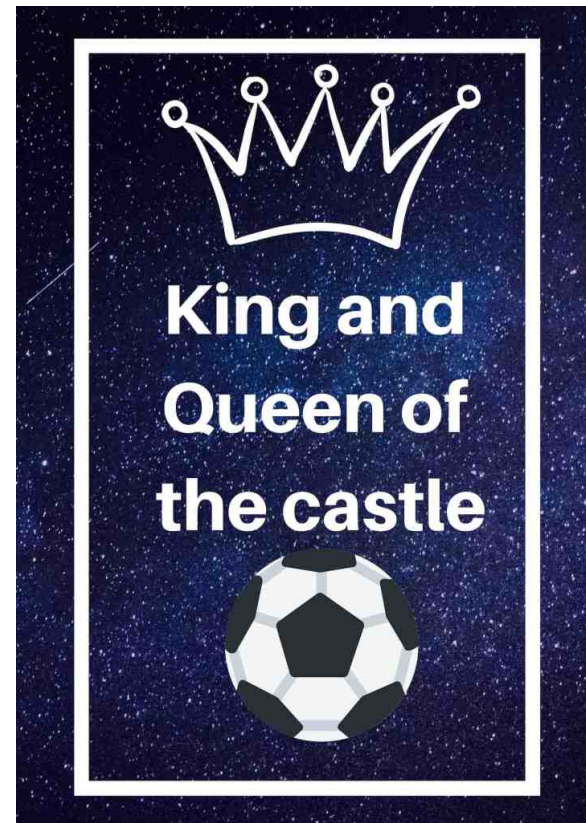
### Coaching points:

- Practice using skills against the king or queen to get through the square

- Keep your head up so you can see if there is space to dribble through the square quickly
- Take small touches when you are close to the king or queen and big touches when you try to get away.

### Questions that can lead to coaching points:

- What can you do to try and beat the king or queen to get points?
- Why do you want to keep your head up when dribbling?
- When should you take small touches or big touches?



## 7. traffic lights kids soccer drill

### Set up:

- 10 x 10 yard area
- 1 soccer ball per player

### Instructions:

This game is ideal for the youngest soccer players as the instructions are very basic and very easy to understand.

It would be perfect as an introductory game for kids who are new to the sport as well.

Set up your 10 x 10 yard area and make sure that each player has their own soccer ball. The coach will shout different traffic light colors or car related instructions with each instruction having a different action, usually this combines changes of dribbling speed and basic ball mastery exercises.

Player should try and dribble with their head up and dribble into space.

Here are a list of rules that I use:

- Green light

Player dribble there soccer at a normal pace

- Red light

Players stop their soccer with one foot on the ball and stand still

- Yellow light

Players dribble as slow as they can with the soccer ball

- Blue light

Players dribble as fast as they can with the soccer ball pretending they're a fire truck in an emergency

- Flat tyre

Players will perform 10 toe taps on the soccer ball to pump the tyre back up

- Low on a gas

To fill the car back up players must do 10 box kicks

- Its raining

Players must perform 10 scissors as the wind screen wipers.

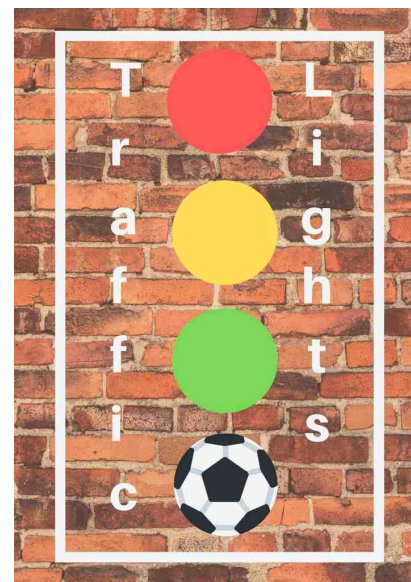
There are loads more rules you can add to this game you've just got to be creative!

### Coaching points:

- Small touches to keep close control of the soccer ball
- Dribble with head up so you do not bump into anyone
- Try and find some space to constantly dribble into.

### Questions that can lead to coaching points:

- What kind of touches should you take? Why?
- Why should you dribble with your head up?





## 8. Body Parts kids' soccer drills

### Set up:

- 10 x 10 yard area
- Create 3 3 x 3 yard area within the large area
- 1 soccer ball per player

### Instructions:

This is a good soccer game that helps with their hand eye coordination and other parts of their body.

Make sure the players stay in your 10 x 10 area and they each have their own soccer ball.

The players must dribble around the area and when you shout a body part players must stop ball with that specific body part.

The player who is first to do this will get 1 point.

You can progress this by making the body parts more challenging, shouting more than one body part or shouting numerous body parts so they will have to communicate in pairs or a as small group to get the point.

The player with the most points will be the winner

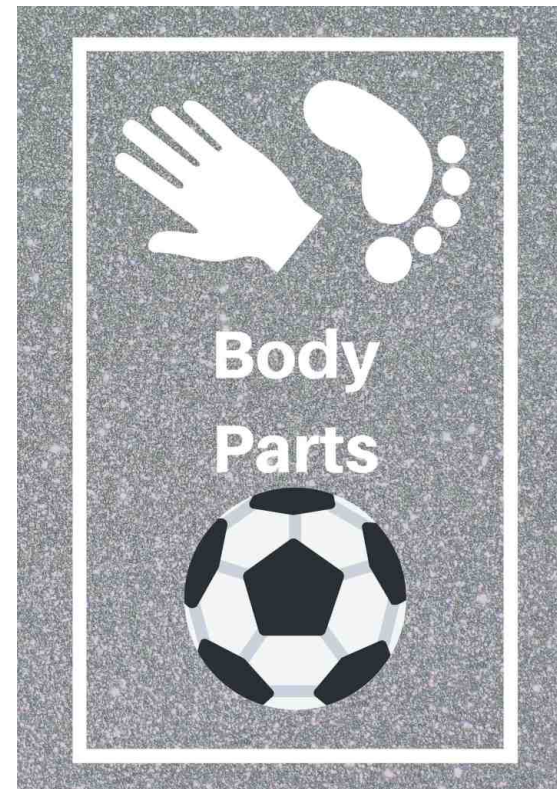
### Coaching points:

- Dribble with your head up so you don't bump into anyone
- Keep the soccer ball under close control so you can stop it quickly
- Communicate and talk to your team mates to organize groups for getting points

### Questions that can lead to coaching points:

- What is good about dribbling with your head up?
- Why do you want to keep the soccer ball close to you?

- What should you do to help your teammates if you need to work as a group?



## 9. Super Hero's and super villain's kids soccer game

### Set up:

- 10 x 10 yard area
- 1 ball per soccer player
- 12 tall cones
- 2 pinnies

### Instructions:

In your 10 x 10 yard soccer area make sure all your players have a soccer ball and that there are 12 tall cones spread out across your area. Ask 2 of your players to put the pinnies on, these players will be the super hero's.

The rest of players will become the super villains and they will have soccer ball each. The super villains must knock down as many as the buildings (tall cones) as they can, they will do this by passing their soccer ball at the tall cones.

The super hero's must run round and pick the knocked over tall cones as quick as they can, they do not need a soccer ball to do this.

If there are more tall cones knocked over than standing, the super villains will be the winners and if they are more standing tall cones then knocked over tall cones then the super hero's will be the winners.

### Coaching points:

- Dribble with your head up and find a cone in space to knock down
- Pass using the inside of your foot
- Take small touches to keep control of the soccer while dribbling

### Questions that can lead to coaching points:

- Why should you dribble with your head up?
- What part of the foot should you pass the ball with?

- What kind of touches should you take when dribbling with the soccer ball?



## 10. Tidy your room soccer game

### Set up:

- 10 x 10 yard area divide in half
- 1 ball per soccer player

### Instructions:

This is a great soccer game that encourages your players to work together as a team.

Once you have made your soccer area divided half, split your players up into 2 equal teams with a soccer ball per player.

The 2 halves of the soccer area are each of the teams bedroom that they must clean, to clean the bedroom players must kick their soccer balls across to the other teams half.

The team that has the least amount of soccer balls in their section by the end of the timer.

To help prevent players from getting hurt with the soccer ball ask teams to keep the ball below waist height, if a team does kick a ball over waist height they will get an additional soccer ball added to their side at the end of the round.

### Coaching points:

- Pass using the inside of your foot.
- Have a look where no one is standing on the other team pass into that space

### Questions that can lead to coaching points:

- What part of the foot should you use to pass the soccer ball with?
- Why should you look up before you pass the soccer ball?



## 11. Doctor Doctor kids soccer game

### Set up:

- 10 x 10 yard area with 2 smaller 2 x 2 yard areas in opposite corners
- 1 ball per soccer player
- 2 different colored pinnies (enough for both teams)

### Instructions:

Out of all the soccer drills for kids this one probably going to be the hardest to explain and understand for the players but once players get over this hurdle this will be one of their favorite soccer games to play!

Once you have set up your area divide your players into 2 teams with 1 doctor in each team.

The doctors hospital will be the 2 smaller areas in opposite corners (they do not need a soccer ball). The doctors do not need a soccer ball. This is the doctors safe zone, the doctor cannot get hit with a ball in this area.

All the other players on the 2 separate teams will have a soccer ball. When some is hit with a soccer ball below the knee that player will kneel down and call for the doctor, the doctor will run out of the area and tag them so they can carry on playing again.

The winner will be decided either when the whole of one team is down or if the doctor is hit below the knee while they are out of their area.

### Coaching points:

- Small touches to keep the soccer ball close to you
- Change direction and speed to get away from the other team
- Pass using the inside of your foot.

### Questions that can lead to coaching points:

- What kind of touches should you take to keep the ball close to you?
- How can you make it hard for the other team to get you out?
- What part of the foot should you try and use to pass the ball?



## 12. Target practice soccer game

### Set up:

- 6 yard, 4 yard and 2 yard, diameter circle
- one soccer ball to go in the middle of the smallest circle on top of a cone
- 1 soccer ball per player
- 1 cone placed 10 yards back from the biggest circle

### Instructions:

This soccer game a really fun weight help players understand the weight of the pass and how strong or they need to pass it to go the desired distance that they want it to.

You can chose to divide your players into teams or they can play individually. Each team or player will take 3 turns each trying to get as many points as possible passing from the cone 10 yards away from the circles.

If the players soccer ball stops in the biggest ring they will get 1 point, the 4 yard ring will be 2 points and the 2 yard circle 3 points. If the player is able to knock the soccer ball off the cone they will get 5 points.

### Coaching points:

- Pass with the inside of your foot

### Questions that can lead to coaching points:

- What part of the foot should you use to pass the soccer ball with?





### 13. Knockout soccer game for kids

**Set up:**

- 6 x 6 yard area
- 1 soccer ball per player

**Instructions:**

This is a really fun and intense soccer game, this encourages players to focus on protecting their own soccer ball but also to keep their head up and see opportunities to steal someone else's soccer ball.

Set up your area and make sure every players has a soccer ball. The smaller the area the more intense it will be for the players.

The aim for the players in the area is to kick other players soccer balls out of the area while protecting their own. The last player left in the middle is the winner.

You can also play a different variation where players can come back into the area.

This works by giving players a point for every soccer ball they kick out. If a players soccer ball gets kicked out create a simple challenge that is appropriate for the skill left they are at, for example 10 toes taps or juggles.

**Coaching points:**

- Dribble with your head up
- Small touches so its easier to control the ball and change direction
- Protect your soccer ball by putting your body between yourself and the defender

**Questions that can lead to coaching points:**

- Why should you dribble with your head up?
- What type of touches should you take to keep the ball close to you?

- How can you protect your soccer ball to stop it getting kicked out?





## 14. Grab the tails soccer game

### Set up:

- 1 soccer ball per player
- 2 pinnies per player
- 10 x 10 yard area

### Instructions:

Create your area and give every player a soccer ball and 2 pinnies.

The players will tuck the pinnies into their shorts so they are hanging out similar to a tail.

When the coach says go the player must try and steal as many tails as they can.

The game will stop when nobody has any tails left in and the winner will be the player with the most tails.

With this game it is really important that encourage players to dribble and run with their head up constantly looking around, this is because players may run into each other if they are solely focuses on pulling the pinnie from the player.

### Coaching points:

- Dribble into space
- Small touches with quick changes of direction
- Dribble with your head up

### Questions that can lead to coaching points:

- Should you dribble into an area with lots of players or no players? Why?
- How can we can away from players trying to your pinnie?
- Where should you be looking when you are dribbling?



## 15. Tanks and soldiers soccer game

### Set up:

- 1 soccer ball per player
- 10 x 10 yard area

### Instructions:

This game is another favorite for young soccer players

Set up your area and line all of your players on edge of one side of the area with a soccer ball, these players will be the soldiers.

Similar to sharks and surfers the soldiers must get from one safe side of the area to other side safe of the area (which will be the side opposite them).

However instead of having a shark in the middle trying to steal the soccer ball their will players on the outside (the tanks)

The tanks will be the players on the side trying to pass their soccer ball hitting the soldiers soccer ball as they go from one side to the other.

If a soldier gets hit they will collect their soccer ball and join the tanks on the side until there is only one soldier left.

### Coaching points:

- Pass using the inside of your foot
- Change you direction and speed to make it hard for the tanks to hit you
- Find space to dribble through

### Questions that can lead to coaching points:

- What part of the foot should you use to pass the ball with?
- How can you make it hard for the tanks to hit you?
- What should you be looking for when dribbling?

