

Solo Soccer Drills



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Solo soccer dribbling slalom

Purpose:

The purpose of this drill is to improve your balance, speed, and coordination while dribbling a soccer ball.

Equipment:

- 6 cones
- 1 soccer ball

How the drill works:

Set up your 6 cones in a straight line with a yard gap between each one.

With the soccer ball, you must start at one of the lines of cones and dribble in and out of the other cones until you get to the end.

Once you have got to the last cone, turn 180 degrees with the ball and sprint back, past the first cone you started on.

You can also adapt the drill by changing the distances between the cones to dribble through, only using one foot to dribble the ball, or by varying the different parts of the foot you use.

Coaching points:

- Take small, quick touches while dribbling through the cones
- When you are dribbling back to the first cone, take bigger touches that get the ball out of your feet as this will make it easier to accelerate
- Stay light on your feet, so it is easier to change direction while dribbling through the cones.



Wall bounce pass solo soccer drill

Purpose:

The purpose of this drill is to help players become comfortable passing and receiving with both feet.

Equipment:

- Soccer ball
- 1 wall

How the drill works:

With your soccer ball stand about 7 yards away from the wall. Pass the soccer against the wall with enough power so that the ball comes back to you to control.

Here is a good sequence to follow to quickly improve your passing and receiving skills:

- Pass and control with your right foot x 10
- Pass and control with your left foot x 10
- Pass the ball with you right foot but control the ball with the outside of your right foot x 10
- Pass the ball with your left foot but control the ball with the outside of your left foot x 10
- Pass and control the ball with alternate feet (pass right, control left. Pass left control right) x20

Coaching points:

- Use the inside of your foot to pass the ball
- When you are waiting to receive the ball remain on your toes so you can easily adjust to where the ball is going
- Practice playing firm passes



90 degrees wall bounce pass soccer drill to do on your own

Purpose:

The purpose of this drill is to improve a player's ability to pass and receive the ball in an open body position.

Equipment:

- 1 soccer ball
- 2 walls/ vertical flat surface
- 1 cone

How the drill works:

Set up your 2 walls that are perpendicular to each other. Place your starting marker 7 yards from each wall (this should create a rough square shape).

Start by passing your ball against one wall and receiving the ball again in an open body position with your back foot (the foot furthest away from the ball).

You should now be facing the other wall, where you will pass the ball against the wall and receive it in an open body position again.

This will mean you will have to alternate the feet that you pass and receive the ball.

Perform this exercise for 3 sets of 1 minute.

Coaching points:

- Use the inside of your back foot to control in the ball in an open body position.
- Be on your toes ready to adjust to where the ball goes
- Use the inside of your foot to pass the ball



V- turn solo soccer cone drill

Purpose:

The purpose of this is to improve the player's footwork skills by getting a lot of repetition.

Equipment:

- 3 cones
- 1 soccer ball

How the drill works:

Layout your cones in a V-formation with about half a yard of space from the center cone.

Start at the point of the V and take your first touch to the right-hand side.

Next, you will drag the ball with your left foot and turn your body 90 degrees.

Using the inside of your left foot you will now push the ball onto the left side of the V.

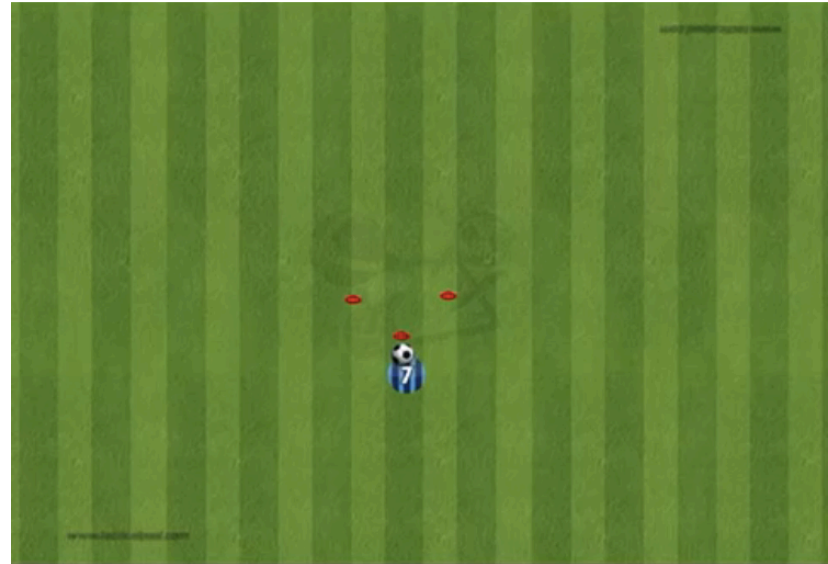
Now you are on the left side of the V you repeat the process but now using your right foot.

Perform this exercise for 3 sets of 1 minute.

If you are unsure this is [how you perform a V-turn in soccer](#)

Coaching points:

- Start the movement off slow, then increase the speed as you get more comfortable
- Take small quick touches
- Stay light on your feet for effective changes of direction.



Drag back and touch out of your feet soccer drill

Purpose:

The purpose of this drill is to help players make a quick change of direction, at speed while maintaining control of the ball.

Equipment:

- 4 cones
- 1 soccer ball

How the drill works:

Set up 2 cones half a yard in front of each other vertically. Directly opposite place their other 2 cones 3 yards away that run parallel to your first set of cones. Start on the left-hand side of the cones on the left and take your first touch forward. Using your right foot drag the ball back and then use the outside of your right dribble to the 2 cones on the right, while moving sideways. Take a touch forward, parallel with the cones, and then use your left foot to drag the ball back. Use the outside of your left foot to dribble the back to the cones that you started on. Repeat this movement for 1 minute with 3 sets.

Coaching points:

- The skill should be performed as quick as possible (start off slow to learn the skill first though)
- Accelerate away from the cone you performed the skill on

- Quick sharp touches to keep the ball under control while changing direction



Round the square soles of the feet soccer drill

Purpose:

The purpose of this drill is to help build up a players' foot coordination using the soles of their feet.

Equipment:

- 4 cones
- 1 soccer ball

How the drill works:

Make a square with the 4 cones that are 1 by 1 yard in size.

You can start the drill at any corner of the square.

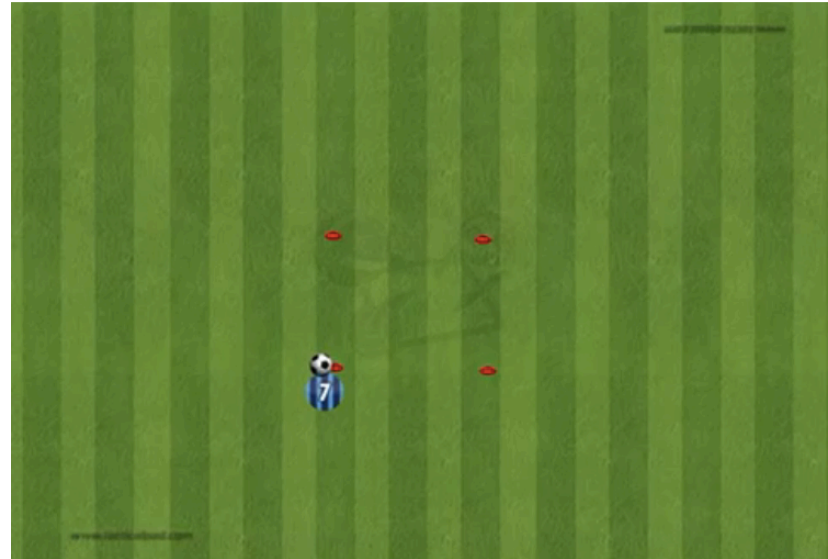
The player must travel around the outside of the square facing the same direction only using the soles of their feet.

When the player gets to a cone they must travel 360 degrees around the cone before moving on to the next one.

Repeat this drill a total of 5 times with a 30-second rest in between sets.

Coaching points:

- Take small quick touches to move the ball
- Keep on your toes
- Use your arms to help drive you legs



Wall control solo drill

Purpose:

The purpose of this drill is to help a player improve their aerial control of a soccer ball.

Equipment:

- Soccer ball
- Wall

How the drill works:

Start with the ball in your hands about 7 yards away from the wall.

Throw the ball against the wall so it bounces back to you at waist height.

Use your thigh to control the ball then the inside of your foot to sidefoot volley it back at the wall.

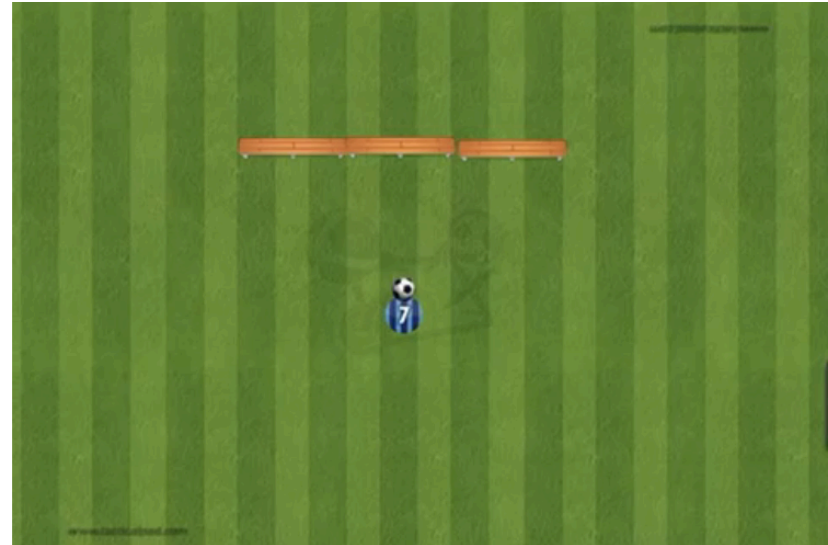
When the ball comes back to you this time, try to catch the ball.

Perform 10 thigh control and side-foot side volleys using your right side, then repeat on your left side.

As a progression, you can remove the catch and see how many times in a row you can keep the ball using your thigh control and side-foot volley.

Coaching points:

- Stay on your toes to adjust where the ball is going to go
- Cushion the ball with your thigh
- Angle your thigh to go to the side of the foot that you are going to volley the back against the wall.



Small triangle cone dribbling drill

Purpose:

The purpose of this drill is to improve close control of the player

Equipment:

- 3 tall cones
- Soccer ball

How the drill works:

Create your triangle with half a yard of space between each of the cones.

Using small touches with your right foot navigate antilock-wise around the triangle.

Each time you get to a cone in the triangle you must do 1 loop of the triangle.

Repeat this 5 times, then switch over to your left foot traveling in a clockwise direction.

Coaching points:

- Use small quick touches, to maintain control of the soccer ball
- Remain on your toes to make easier to change direction
- Keep a lower center of gravity to help you balance better



Individual soccer shooting drill

Purpose:

The purpose of this soccer drill is to improve a player's shooting ability from different angles.

Equipment:

- 1 soccer ball
- 1 goal
- 6 cones
- 1 tall cone

How the drill works:

Set up your goal.

From the edge of the area and place down your tall cone.

Take 5 steps and from there place down you 6 cones each with a yard space between them, this will create your slalom.

Start with your soccer by dribbling through the slalom, perform a skill on the tall cone then take a shot on goal.

Here is a list of [soccer skills](#) you can use to try and beat the defender (tall cone).

You can vary how you dribble through the cones, for example, only using one foot or using specific touches.

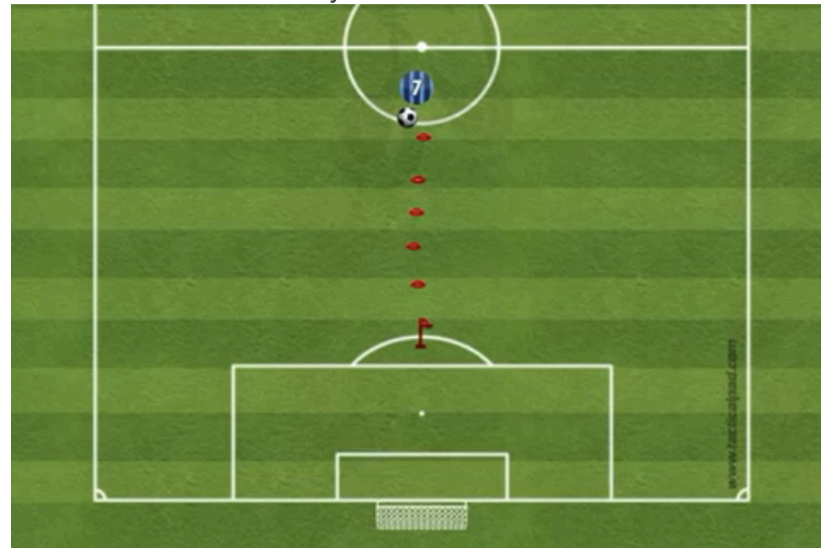
Perform 10 shots where the skill takes you onto the right to shoot with your right foot, then 10 shots on your left.

You can also change the position of the tall cones and slalom around the edge of the box so you are practicing shooting from a greater range of angles.

Coaching points:

- The skill on the cone should be performed quickly with the next touch being out of your feet for the shot
- When you are shooting on goal aim of the corners

- Use the inside of your foot



Ladder and foot role solo drill

Purpose:

The purpose of this soccer drill is to improve the speed at which a players' feet can move and to get a lot of repetition of the foot role skill.

Equipment:

- 1 ladder
- 6 cones
- 1 soccer ball

How the drill works:

Set up your ladder with your 6 cones slalom running parallel with a 1-yard gap in between the cone.

Place your soccer ball at the top of the cone slalom.

To start the drill off you will perform quick feet through the ladder, making sure both feet go in each ladder space.

Once you complete the ladder you will perform foot roles through the cone slalom.

Complete this drill 5 times with a 10-second rest in between.

If you are unsure this [how you perform a foot role](#) in soccer.

Coaching points:

- Use your arms to help drive your legs through the ladder
- To improve the quickness of your feet stay on your toes through the ladder
- Perform the foot role slow to start off with but speed up as you get better at the skill.

