

Soccer Drills

Shielding the ball



Soccer Graphics

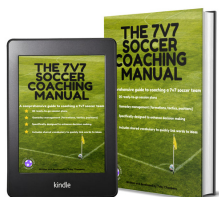


I created these graphics using the Tactics Manager from SoccerTutor. It is a fantastic resource to create, share and organize your soccer sessions and team tactics

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The 7v7 Soccer Coaching Manual



This is every coach's guide to developing a 7v7 soccer team. It includes 20 structured session plans with diagrams, coaching points, and progressions. Game day tactics and management are also included

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The ball is mine

Purpose of the soccer drill:

The purpose of this soccer drill is to encourage players to compete and win the ball, in a game realistic scenario.

It will also teach them how to adjust their body and how they can move the ball to ensure it stays as far away from the defender as possible.

Set up:

15 x 25-yard area

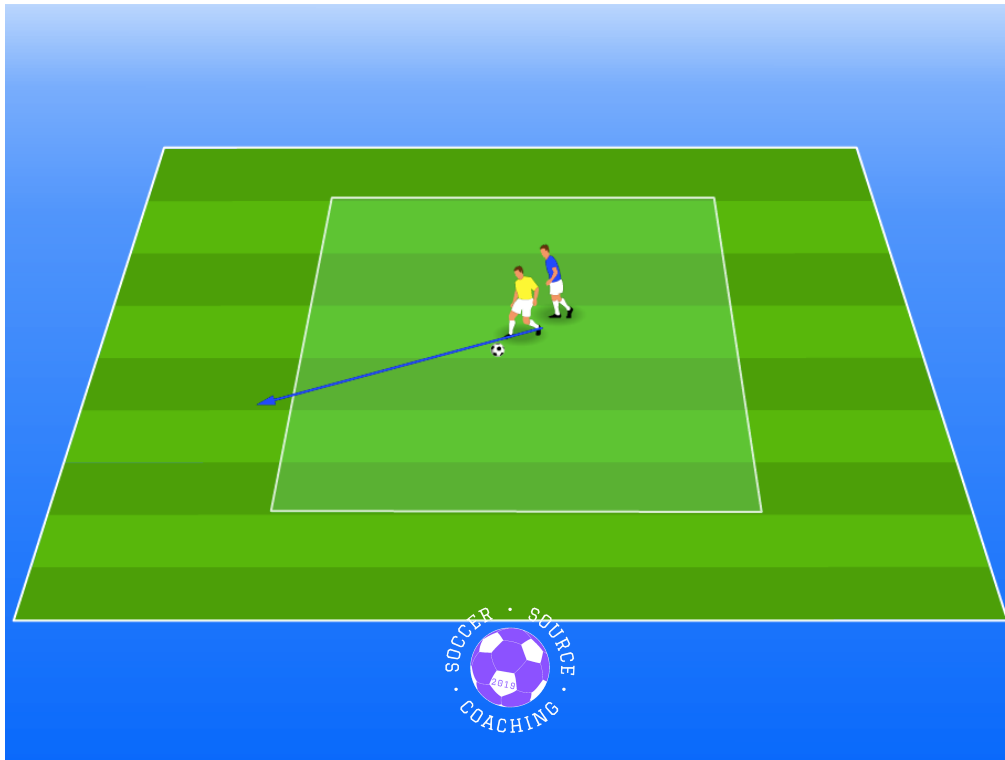
1 soccer ball per pair

Instructions:

Set up your area and ensure that all players are in pairs or groups of three with one soccer ball in the group of players.

The players in the pair or group will compete for the soccer ball with the player having possession of the soccer ball at the end of the 1 minute round getting a point.

You can then rotate players around so they get a good variety of coming up against different team members.



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Hold off the defender

Purpose of the drill:

The purpose of this soccer drill is to replicate a scenario where a player is in a corner or has limited options to play the ball so they are trying to bide some time and wait for support.

This also encourages players to be competitive to try and win the ball back.

Set up:

5 x 5-yard area per pair
1 soccer ball pair

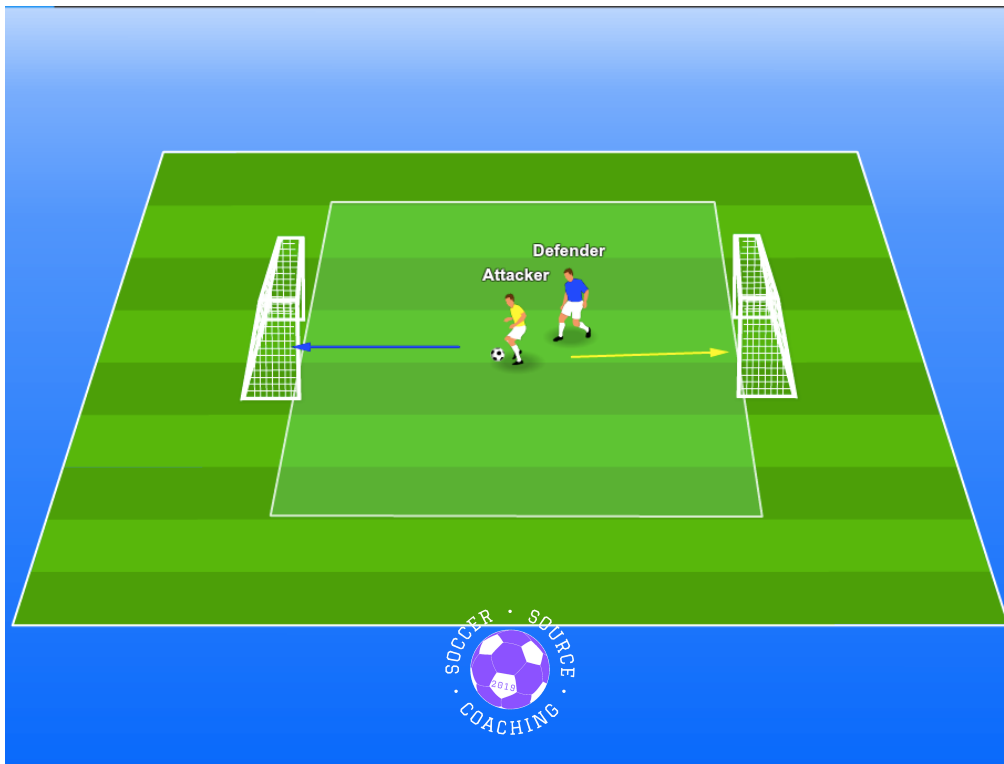
Instructions:

Each pair will have their own area and their own soccer ball. One player in the pair will have the soccer ball and the other player will be trying to win the soccer ball back.

If the player with the ball is able to successfully shield the soccer ball for 30 seconds they will get 3 points, however, if the player without the ball is able to get control of the ball or force the player outside of the area then they will 1 point.

Rotate around the player starting with the ball so both players get equal opportunity to shield the ball.

If you have more than one square you can introduce a ladder format where if players win they will move up a square and if they lose they will move down a square.



[Click here for the video](#)

Shield the ball, turn and score

Purpose of the drill:

The purpose of this drill is to represent a striker holding the ball up against a defender in a game realistic scenario.

It will help the players become comfortable with the ball under pressure and encourage them to try skills to turn the defender with the aim of getting a shot off on goal.

Set up:

10 x 15-yard area with a clear halfway line
1 soccer ball per pair
2 goals

Instructions:

Create your area and set up goals like a regular game of soccer.

The pairs will start at the halfway line with 1 soccer ball in the pair.

1 player will have the ball and they will be the attacker, the other player who does not have the ball will be the defender.

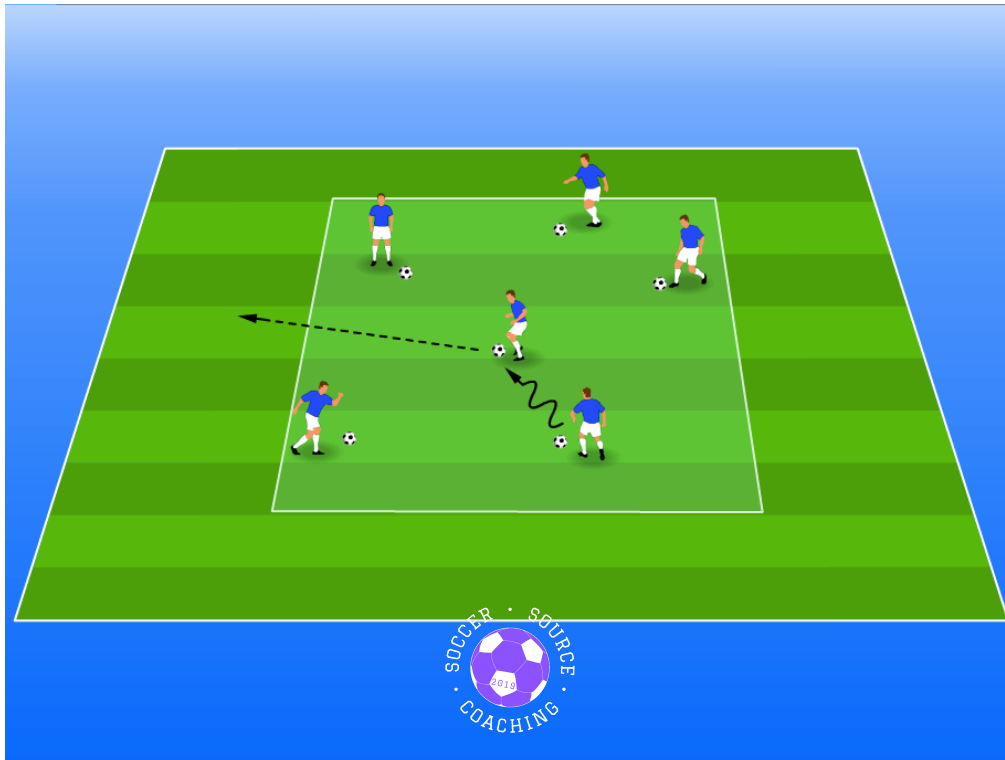
The attacker will start the ball at their feet with their back to the defender with the defender an arm's length away.

On the attackers' call, they will say 'go', this will signal for the defender to become live and try to steal the ball.

The attacker is trying to score in the goal behind them (from their starting position) if they are able to score they will get 3 points.

If the defender is able to steal the ball and score in the goal they are facing (in front of their starting position) they will get 1 point.

At the end of each phase of play, swap the player roles round in the pair so they are both able to be the attacker and defender



[Click here for the video](#)

Royal Rumble

Purpose of this drill:

The purpose of this drill is to help players learn the basics of how to shield a soccer ball in a fun and competitive game setting.

The game involves keeping close control of your own soccer ball, knowing how to protect your soccer ball as well as trying to steal and kick other soccer balls out of bounds.

This would be an ideal warm-up game if you were to plan a soccer session on how to shield the ball in soccer.

Set up:

7 x 7-yard area

1 soccer ball per player

Instructions:

This game is really easy to explain and set up, once you have created your area make sure all your players have a soccer ball.

The main aim of this game is to knock other people's soccer balls outside the area while maintaining control of your own.

There are different variations you can use for this game.

The first variation is where players try to get the highest score, with the player getting the highest score being the winner.

Every time a player is able to knock someone else's soccer ball outside the area then they get 1 point.

If a player gets knocked out they can perform 10 scissors (or skill of your choice) and then they come back in.

The game will end after 2 minutes.

The next variation will be like sudden death, where if a player's soccer ball gets knocked out then they can not come back in with the last player remaining becoming the winner.