

U9-U11 Skills & Drills

Dribbling

- Make a Grid with Cones according to number of players
- Emphasize on Creating Space, Changing Speeds, and Changing Directions
- DRIBBLING SKILLS: Inside/Inside (moving), Tap/Tap, Outside/Outside, Roll/Roll, Inside/Outside, (Boxes)
- TURNS: Inside Cut, Outside Cut, Roll Turn, Step over Turns

Fun Games

Knock Out/5 Point Knock out: Knock out same kind of drill as Pac Man, each player has a ball and must dribble and try to keep his ball without players trying to kick there ball out of square, as players get eliminated make grid smaller to test their ability in small spaces. Have 2 Champions and then challenge the rest of players to make sure those 2 Champs do not win again. 5 point knock has everyone starts with 45 points, once your ball get knocked out you come back in with 4 points and so on. Have this timed in 30 second games and challenge your players to try to have 5 points after 30 seconds.

2 Goal number Game: 2 Goals 20 yards apart, split teams equally and number them ex: 1-5, Coach has all balls on side, Players are on opposite goal lines, Coach yells out a number and kicks ball into middle, both players go 1v1 to try to score, Coach can yell 1,2,3 or 4 numbers at a time to play against each other. Challenge the teams and make sure your number players equal to skill.

Simon Says: Coach is Simon, Coach barks out orders that emphasize skills and players follow orders, If Coach does not Simon Says players have to do a fun chore. Mix it up with various body parts incorporating the ball.

Dribbling Relays: Set up cones to make 3 teams. Players must compete against each other doing specific duties that Coach asks. (Dribbling, Turns, etc) Try to emphasize of TEAM BUILDING and helping each other get through tasks.

Circle the Pit: Make a Circle with cones according To size of Team. Have the players dribbling around circle following each other. Coach calls out numbers and players follow directions. (ex: Coach yells #1 players turn and go opposite direction, Coach yells #2 players leave ball and get ball ahead of them and dribble, Coach yells #3 and Players turn, leave ball, and get ball ahead of them and dribble) Mix it up anyway you wish and make them Think!!

Dribble Through Gates utilizing Turns: Make 8-10 gates in different directions around field, each player has a ball and must dribble through all the gates without hitting a cone or bumping into another player, add in Inside and outside Cuts, Roll Turns, Cruif cuts through the gates, test their ability on how many gates they can go through in various times.

World Cup: 1 Goal. Put players in 2's, ask them to think of a Country as they will represent them. After teams pick their countries, Coach or a keeper can go in goal. The keeper kicks out a ball and players compete against each other to get the ball in the net. The pairs must help each other Score. Every time a team takes a shot on goal, the must yell there COUNTRY before they shoot. (Ex: If I shoot I must yell SPAIN or GERMANY, which ever country they are) Once a team score, the PAIR go off the field as they go to next round. Continue this until last 2 teams and they will be eliminated for that game. Then the other teams go back on for next round. This continues until you have 2 teams left who play in the Finals. First team to score first wins the World Cup

Coaching Points

- Do not Over Coach
- Demo everything first
- Training should be Game Related
- Start Basic, Repeat, then Advance