

NSGSC FIRST KICK



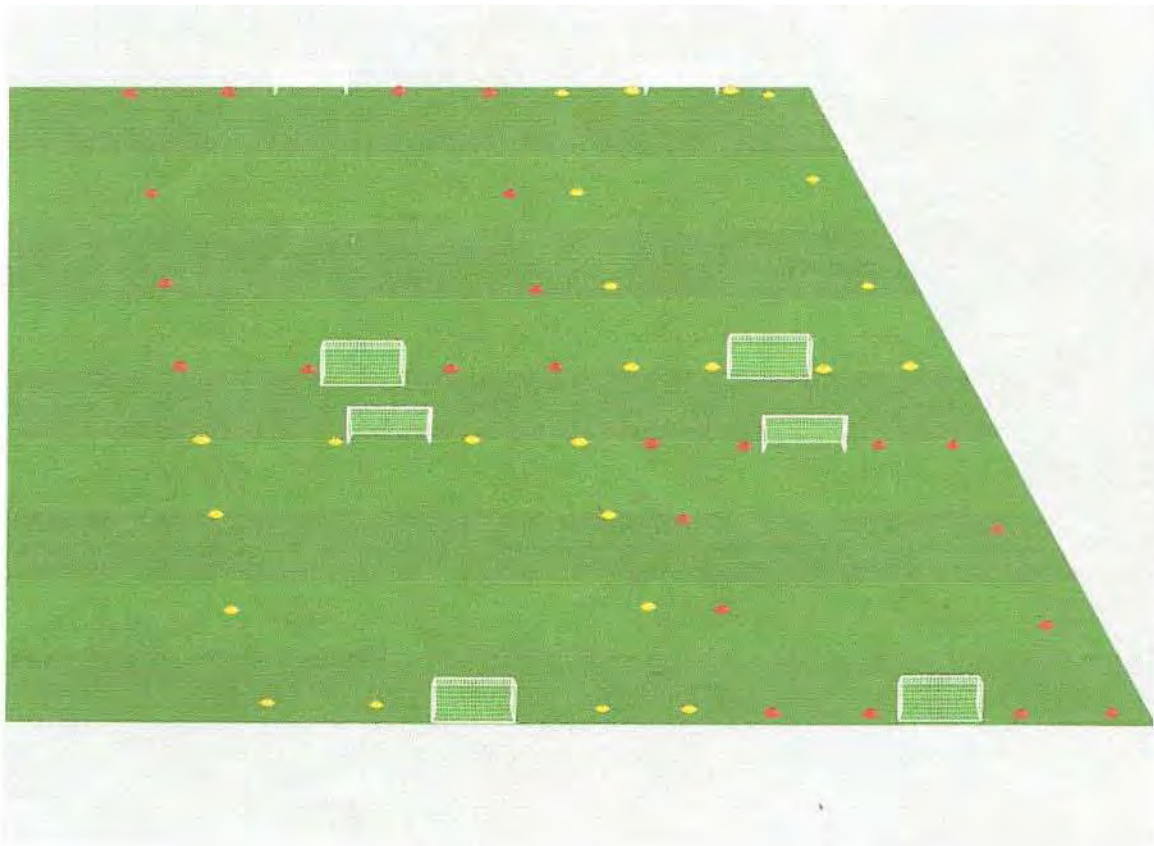
DRILLS

ISSUED BY: ALISTAIR BROWNE

WINTER/SPRING 2011



www.SoccerTutor.com
TACTICS MANAGER



Date:

Measurement:

Time:

Players:

Duration:

Level/Age Group:

Description:

Objective:

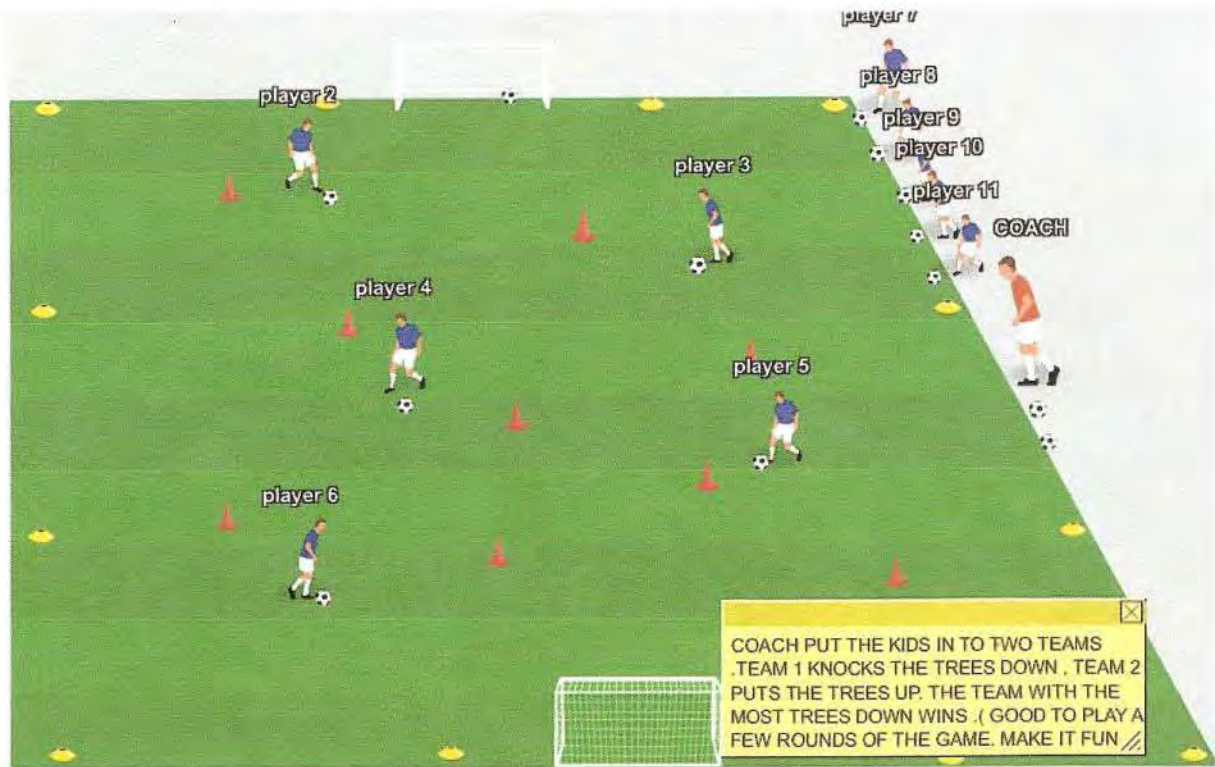
Coaching Points:

Progression:

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http://www.soccertutor.com/drills/printoutput/print_drill.asp?syndicate=undefined&drill_id... 8/9/2009

chop trees /plant trees U6 / U7



Date: _____ **Measurement:** _____

Time: Enter Time 10min TO 1 **Players:** Enter Number of Players 12

Duration: Duration 30SEC TO 1r **Level/Age Group:** Enter Skill Level / Age Group

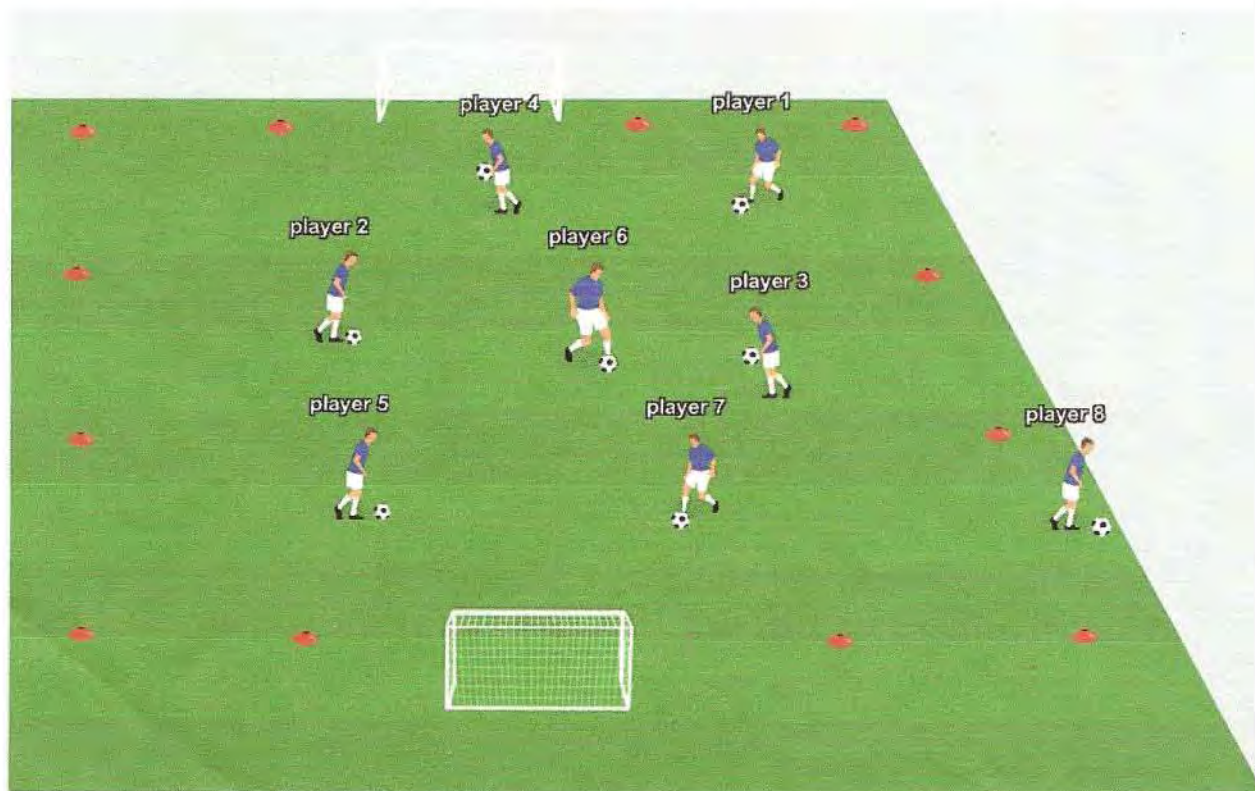
Description: HALF OF YOUR TEAM WILL KNOCK TREES DOWN AND HALF OF YOUR TEAM WILL PUT THE TRESS UP

Objective: SHOULD BE FUN

Coaching Points: BEST TO START WITH OUT A BALL FOR THE FIRST ROUND , COUNT HOW MANY TREES ARE DOWN.

Progression: USE A BALL , THE KIDS MUST STOP THE BALL WITH THERE FEET

Ball Warm Up U6 / U7



Date:

Measurement:

Time:

Enter Time 10min

Players:

Enter Number of Players 12

Duration:

Enter Duration 10min

Level/Age Group: Enter Skill Level / Age Group

Description:

BALL WARM UP ,KICK THE BALL,BOUNCE THE BALL ,JUMP OVER THE BALL,STOP THE BALL,

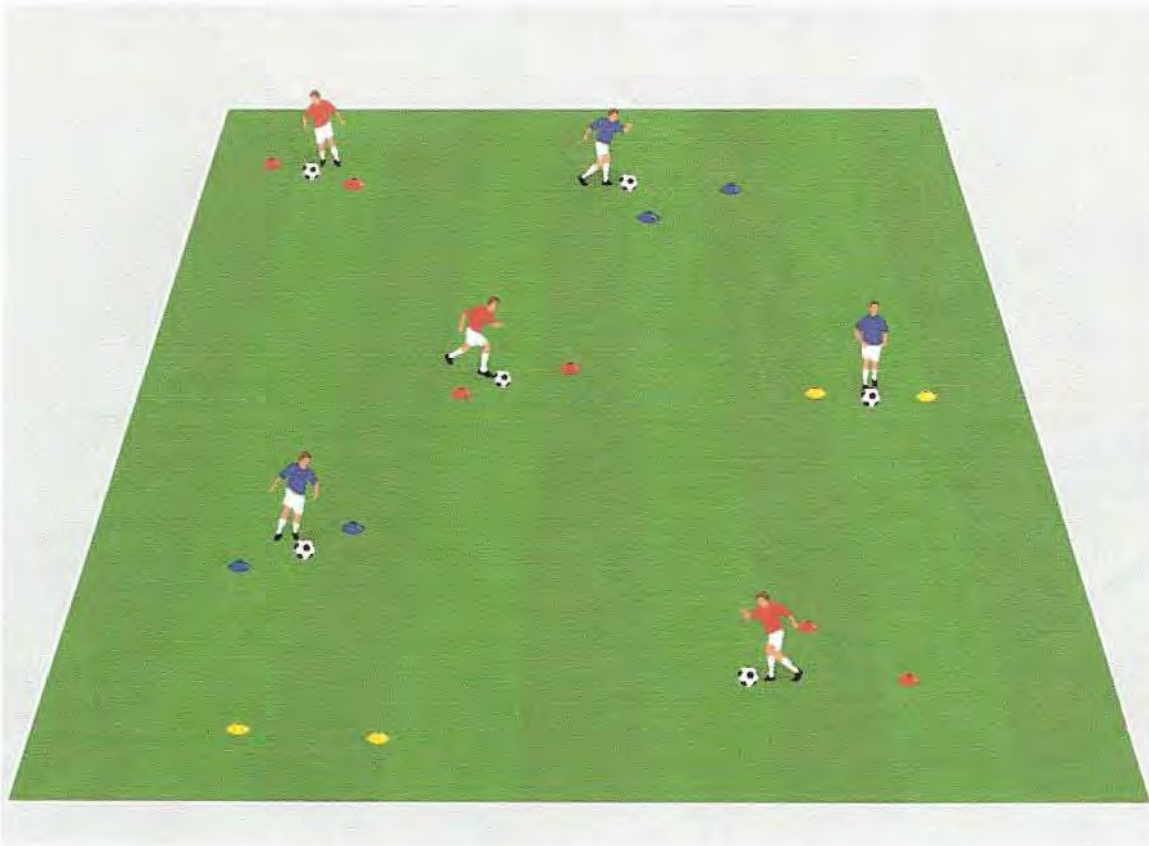
Objective:

SHOULD BE FUN

Coaching Points:

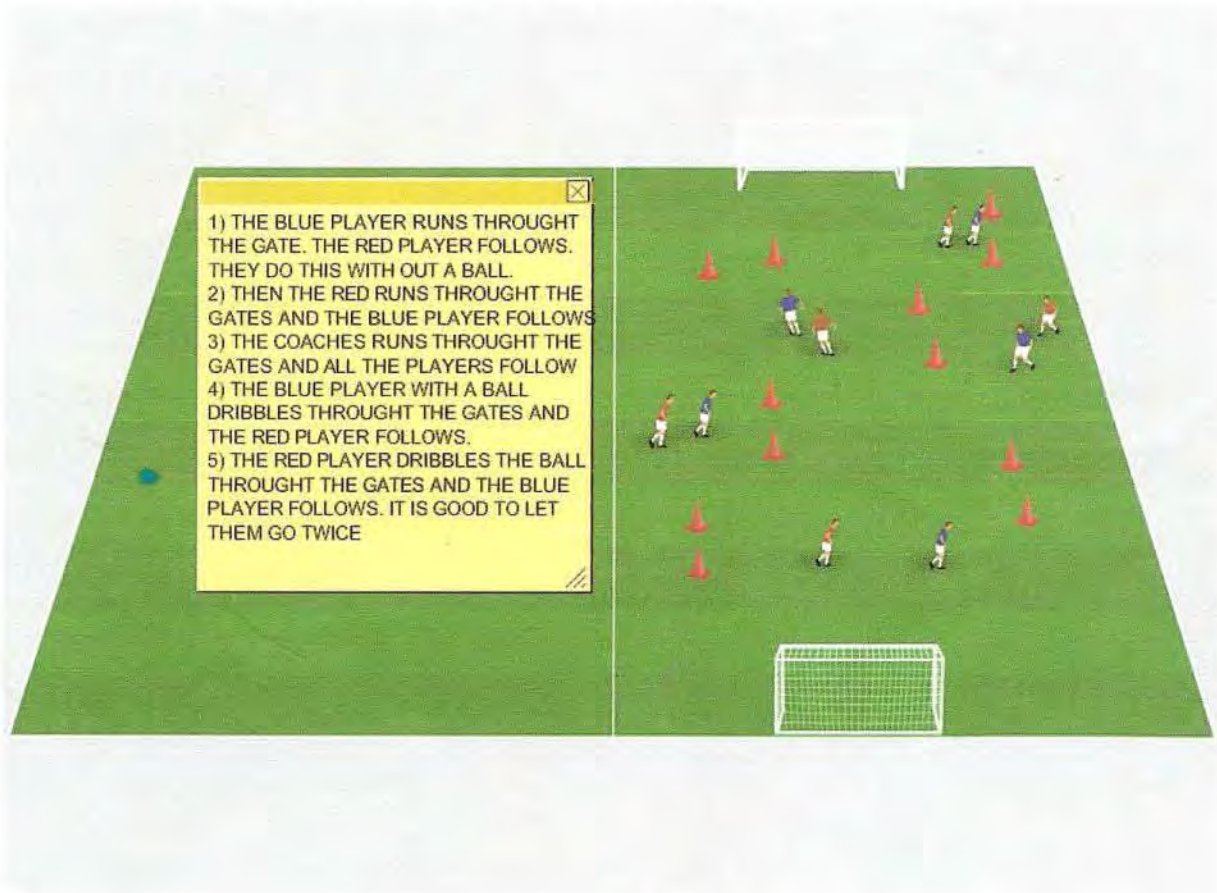
MAKE IT FUN FOR THE KIDS , MOST KIDS WILL RUN AROUND BUT ONE OR TWO KIDS MAY NOT RUN ,SO I WOULD GET THE PARENT FOR THE CHILD AND GET THEM TO HOLD THE HAND AND RUN

Progression:

GATE GAME 2 - Dribbling Through Targets

- Date:** 27 Apr 2010 **Measurement:** 10 x 10 yards
- Time:** . **Players:** 5-12
- Duration:** . **Level/Age Group:** 2-6 years
- Description:** Set up a series of gates about 2 yards width using cones in a marked area to suit the size of the group. Each player has a ball and must dribble through the gates. Certain conditions can be introduced e.g. right or left foot only. Make the game competitive by awarding points for each gate successfully passed.
- Objective:** To develop dribbling, close control and awareness.
- Coaching Points:** 1. Close control. 2. Use both feet. 3. Head up. 4. Attack space. 5. Awareness. 6. Passing accuracy and weight. TIP - Hold coloured gate cones above your head to encourage players to lift their head when dribbling.
- Progression:** 1. Spread the gates out, fewer gates, smaller gates. 2. Work in 2 with 1 ball and pass the ball to each other through the gates. 3. Coach calls out a colour gate.
- Notes:**

FIRST KICKS DRIBBLE THROUGH GATES WITH



Date:

Measurement:

Time:

Players:

Duration:

Level/Age Group:

Description: FUN GAME WITH OUT BALL AND WITH BALL

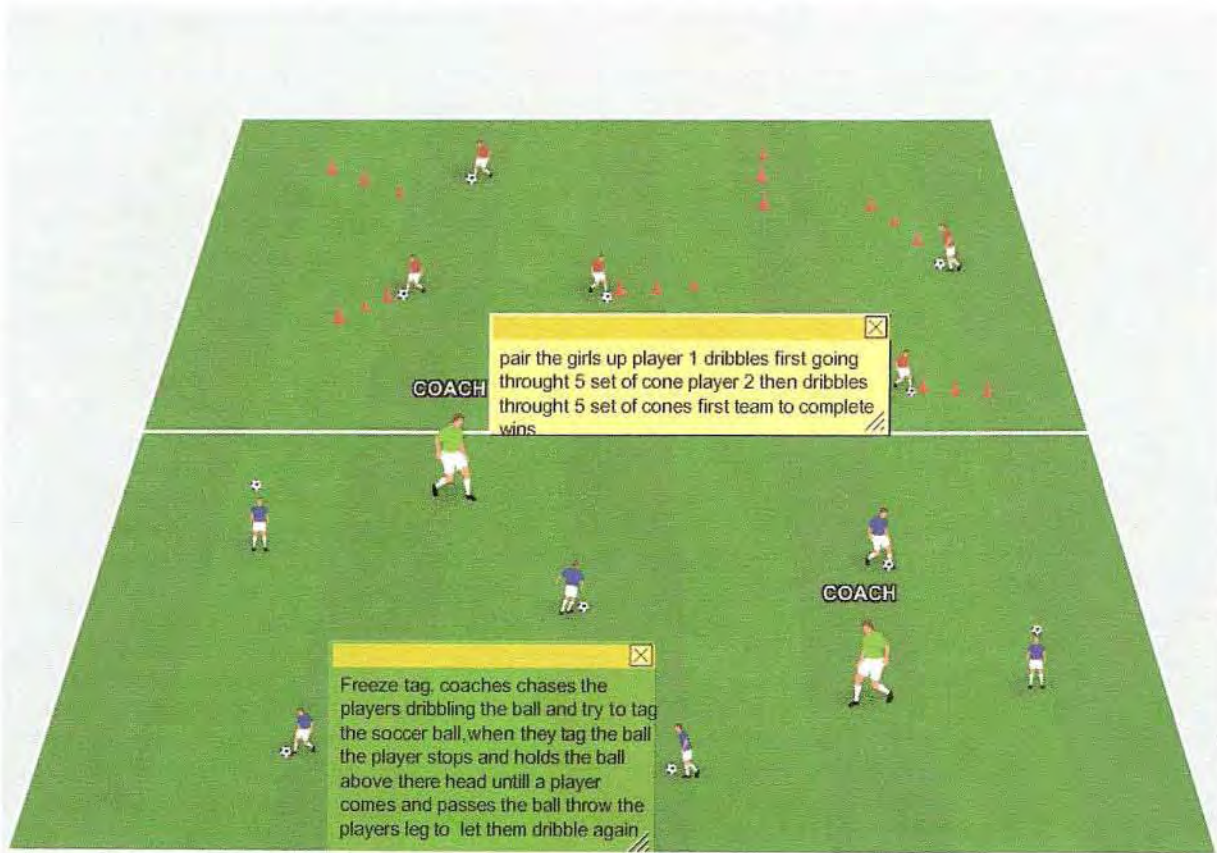
Objective:

Coaching Points: KEEP THEM MOVING

Progression:

Notes:

freeze tag/dribbling through cones



Date: Enter Date april 10th 2010 **Measurement:**
Time: Enter Time 1hr **Players:**
Duration: **Level/Age Group:**

Description:

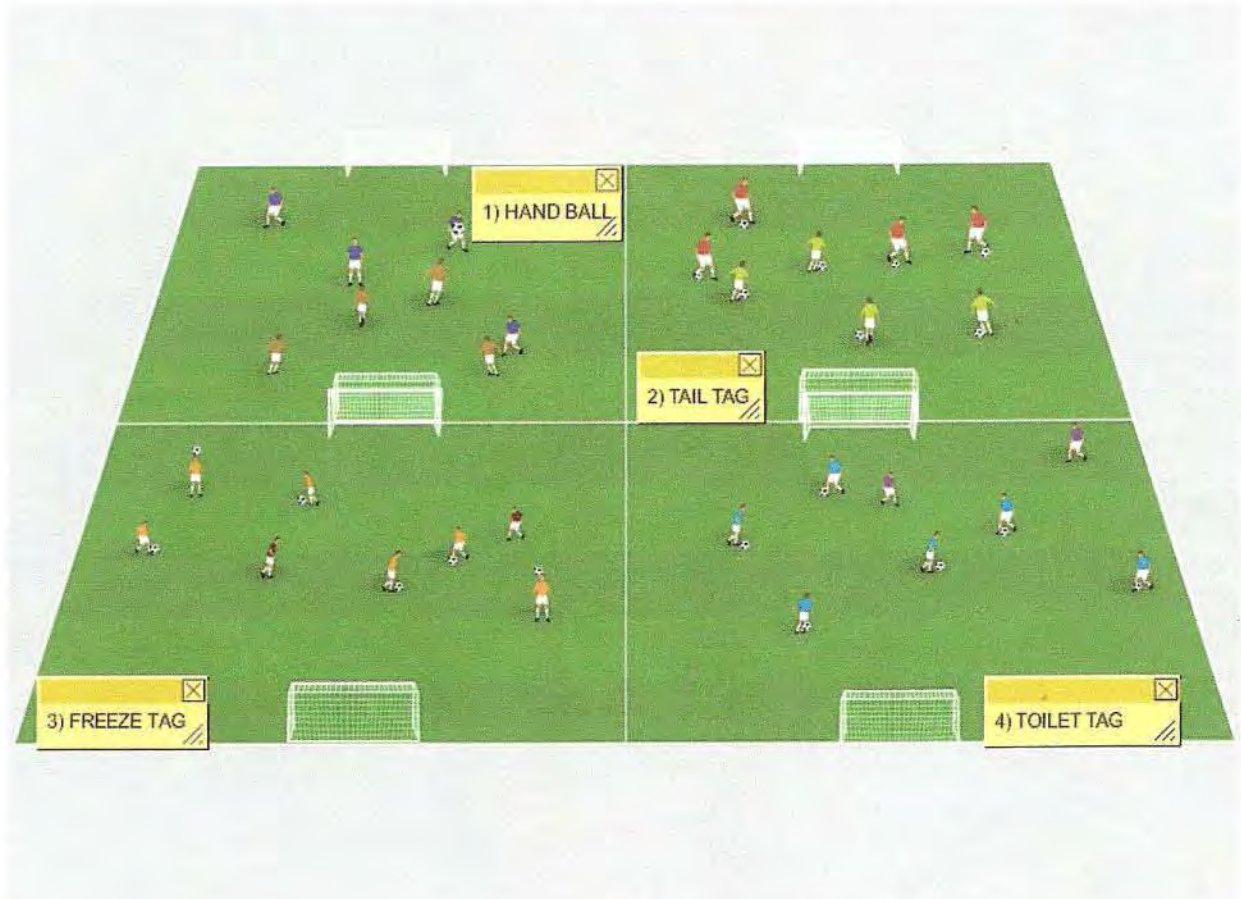
Objective:

Coaching Points: when dribbling lot of small touches on the ball with the foot

Progression:

Notes: Make it fun

SUMMER CAMP DRILLS



Date:

Time:

Duration:

Description: 1 HAND BALL
2 TAIL TAG

Measurement:

Players:

Level/Age Group:

Objective:

Coaching

Points:

Progression:

1V1 shooting on both goals



Date:

Measurement:

Time:

Players: Enter Number of Players 10

Duration: Enter Duration 20.min

Level/Age Group: Enter Skill Level / Age Group

Description:

To develop turning with the ball also change of direction the defender must try to win the ball and score

Objective:

to keep the ball and score a goal

Coaching Points:

keep the ball close to the feet quickly turn in a different direction away from the defender

Progression:

2v2 3v3

SHOOTING AND PASSING



- 1) SHOOTING WITH A PASS
 - 2) PLAYER CALLS PASS THEN RUNS DOWN RUNWAY.
 - 3) THE COACH THEN PASSES THE BALL TO THE PLAYER WHEN THEY REACH THE LAST CONE ON THE RUNWAY.
 - 4) THE PLAYER PASSES THE BALL IN TO THE GOAL
-
- 1A) PASSING THROUGH CONES.
 - 2A) THE PLAYERS PASS THE BALL THROUGH THE CONES TRYING NOT TO HIT A CONE THE PLAYER WITH THE MOST POINTS WINS .
 - 3A) IF YOU HIT THE CONE THE POINTS GO TO ZERO

Date:

Measurement:

Time:

Players:

Duration:

Level/Age Group:

Description:

SHOOTING ON THE RUNWAY
PASSING THROUGH CONES

Objective:

Coaching Points:

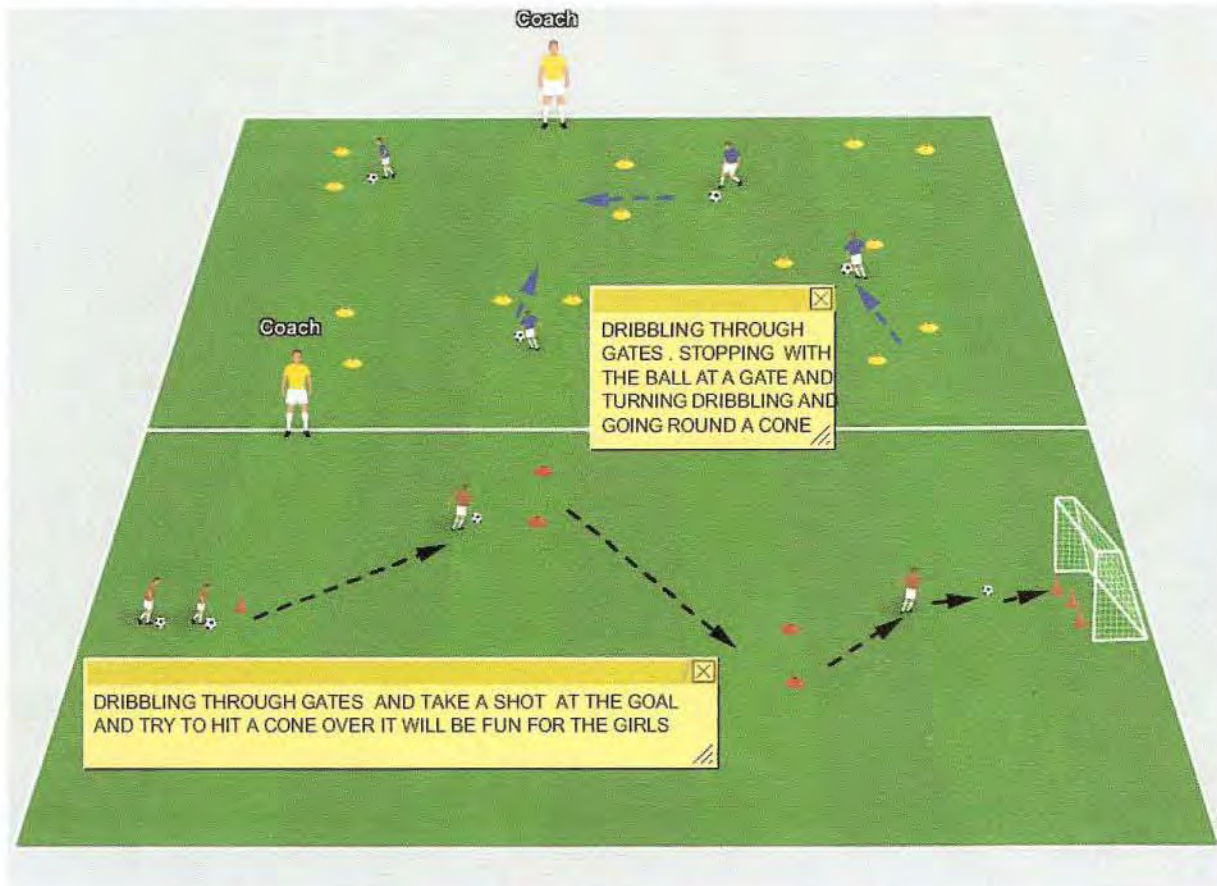
PASS THE BALL TO THE PLAYERS PASSING FOOT, THEY MUST RUN FAST DOWN THE RUNWAY AND PASS THE BALL FIRST TIME.
PASSING THROUGH CONES WILL BE VERY HARD THE KIDS TO DO THEY SHOULD ONLY PASS FOR 30SEC THEN GO AND SHOOT.

Progression:

Notes:

HAVE FUN

FIRST KICKS DRIBBLING THROUGH CONE THE



Date: Enter Date mAY 1ST 201 **Measurement:**
Time: Enter Time 1HR **Players:** Enter Number of Players10 TO
Duration: Enter Duration15MIN **Level/Age Group:** Enter Skill Level / Age Group 5

Description: DRIBBLING THRUUGHT GATES
 DRIBBLING THROUTH GATES AND TAKE A SHOT ON GOAL

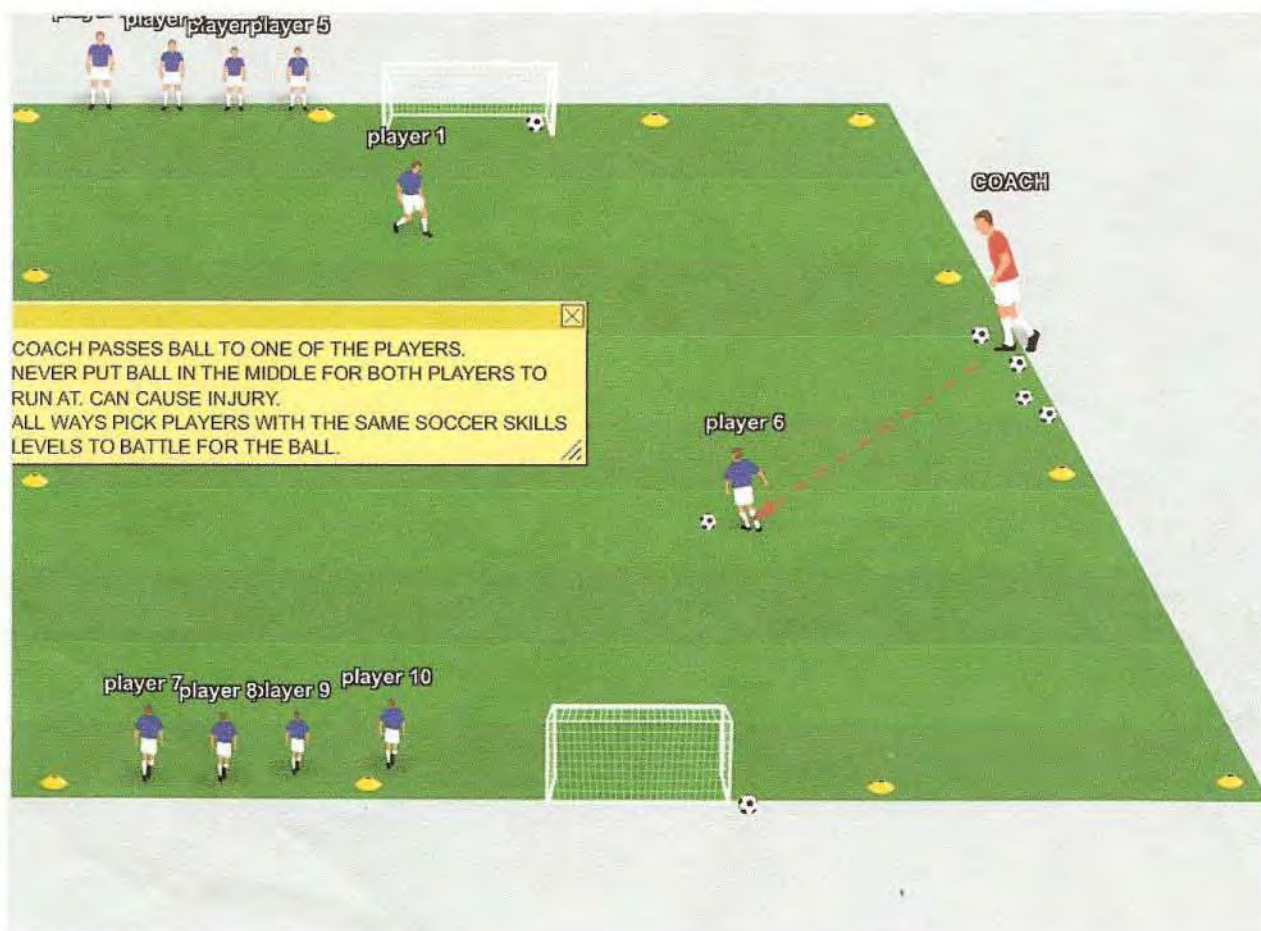
Objective: THE PLAYERS MUST MAKE LOTS OF TOUCHES ON THE BALL WITH THERE FOOT KEEP THE BALL MOVING AND CONTROLLING WERE THE

Coaching Points: MUST BE FUN HELP THE PLAYER BY CALLING THEM BY THERE NAME THEY HAVE DONE WELL DRIBBLING THE BALL.

Progression:

Notes:

1V1 U6 / U7



Date: _____ **Measurement:** _____

Time: Enter Time 10min TO 1 **Players:** Enter Number of Players 12

Duration: Enter Duration 30SEC | **Level/Age Group:** Enter Skill Level / Age Group

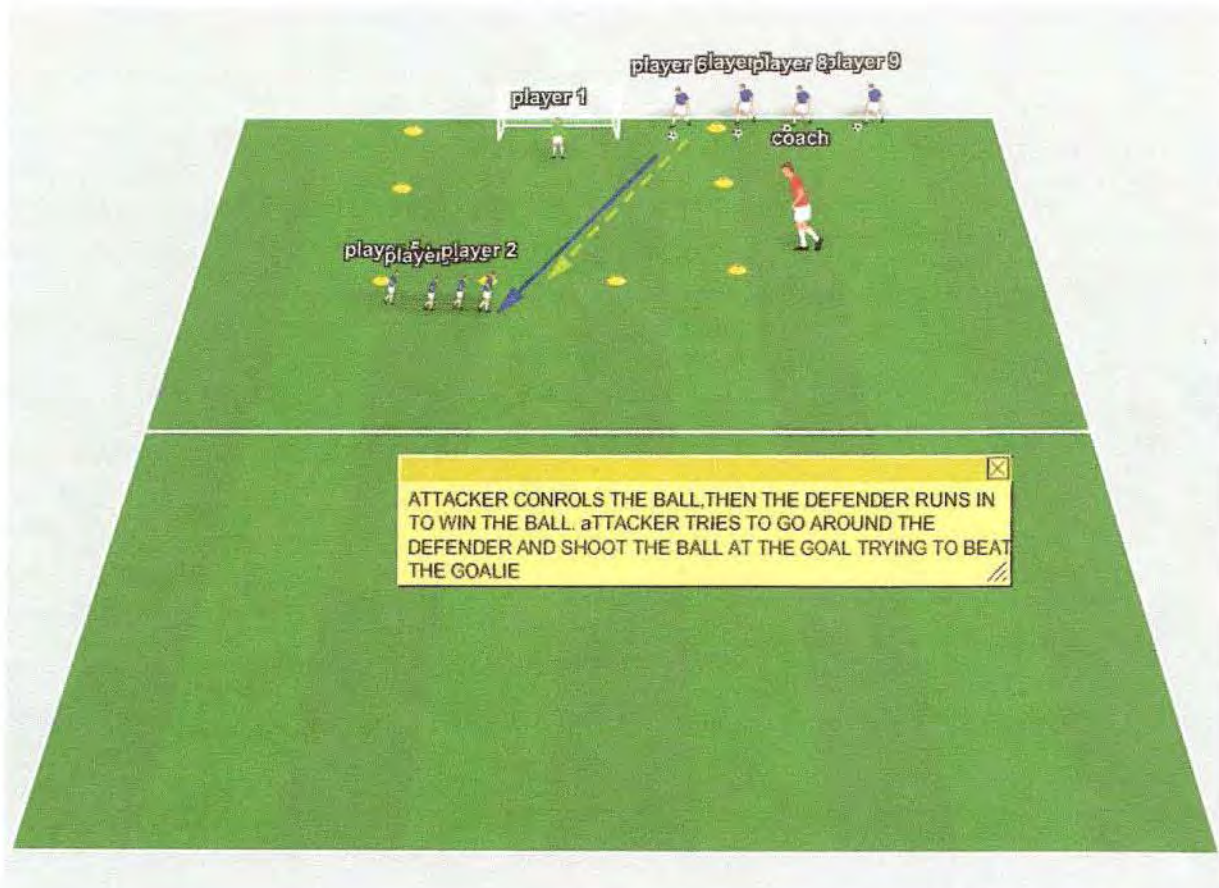
Description: 1v1 numbers game soccer

Objective: SHOULD BE FUN

Coaching Points: BALL MUST BE PASSED TO ONE OF THE PLAYERS, THE KIDS BATTLE TO SCORE A GOAL . 30 SECOND BATTLES MAXIMUM.BEST TO PICK KIDS WITH THE SAME SOCCER SKILL LEVELS

Progression: 2v1 to 2v2 numbers game soccer

1v1 +GOALIE



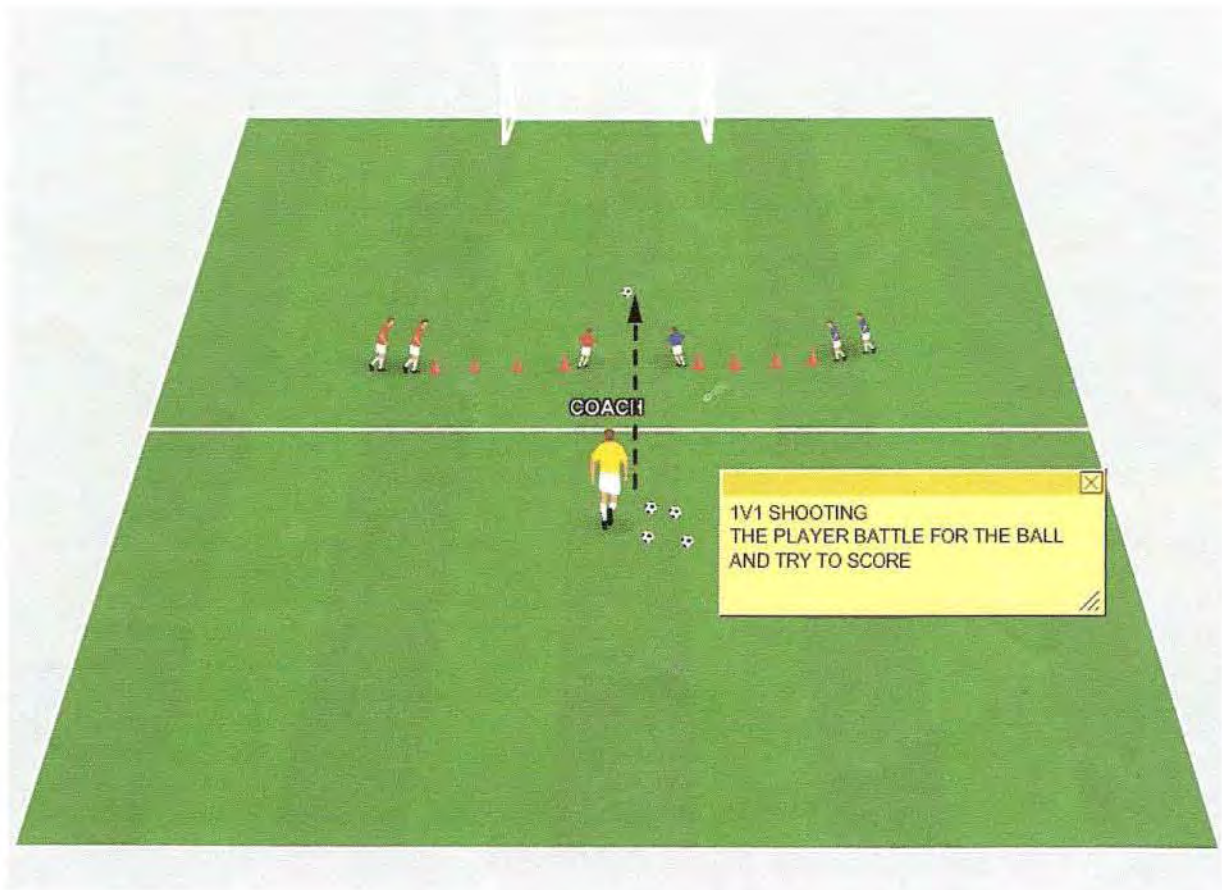
Date: _____ **Measurement:** Enter Measurement 10X10
Time: Enter Time 20 MINS **Players:** Enter Number of Players 12
Duration: _____ **Level/Age Group:** Enter Skill Level / Age Group 6
Description: ATTACKER TRIES TO BEAT THE DEFENDER AND SCORE A GOAL .

Objective: _____

Coaching Points: KEEP THE BALL BY THE FEET AND HEAD UP

Progression: _____

Notes: _____



Date:

Time:

Duration:

Description:

Objective:

Coaching Points:

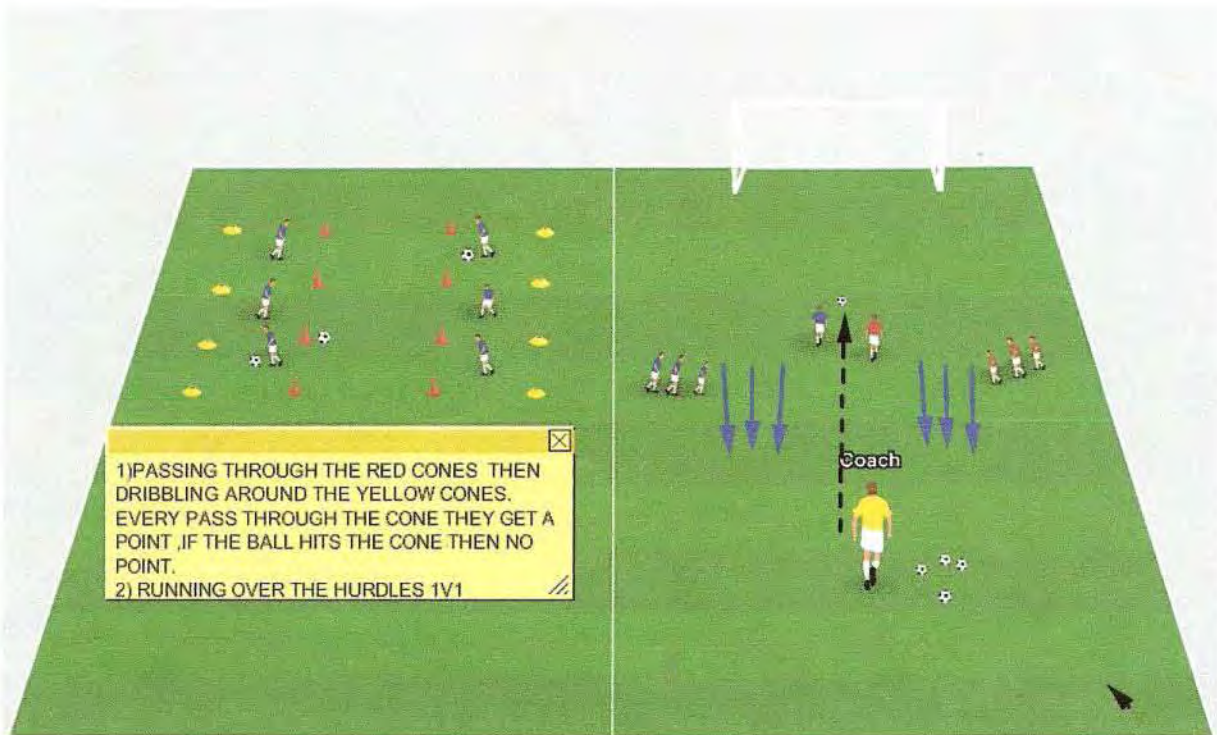
Progression:

Notes:

Measurement:

Players:

Level/Age Group:



Date:

Time:

Duration:

Description:

Objective:

Coaching Points:

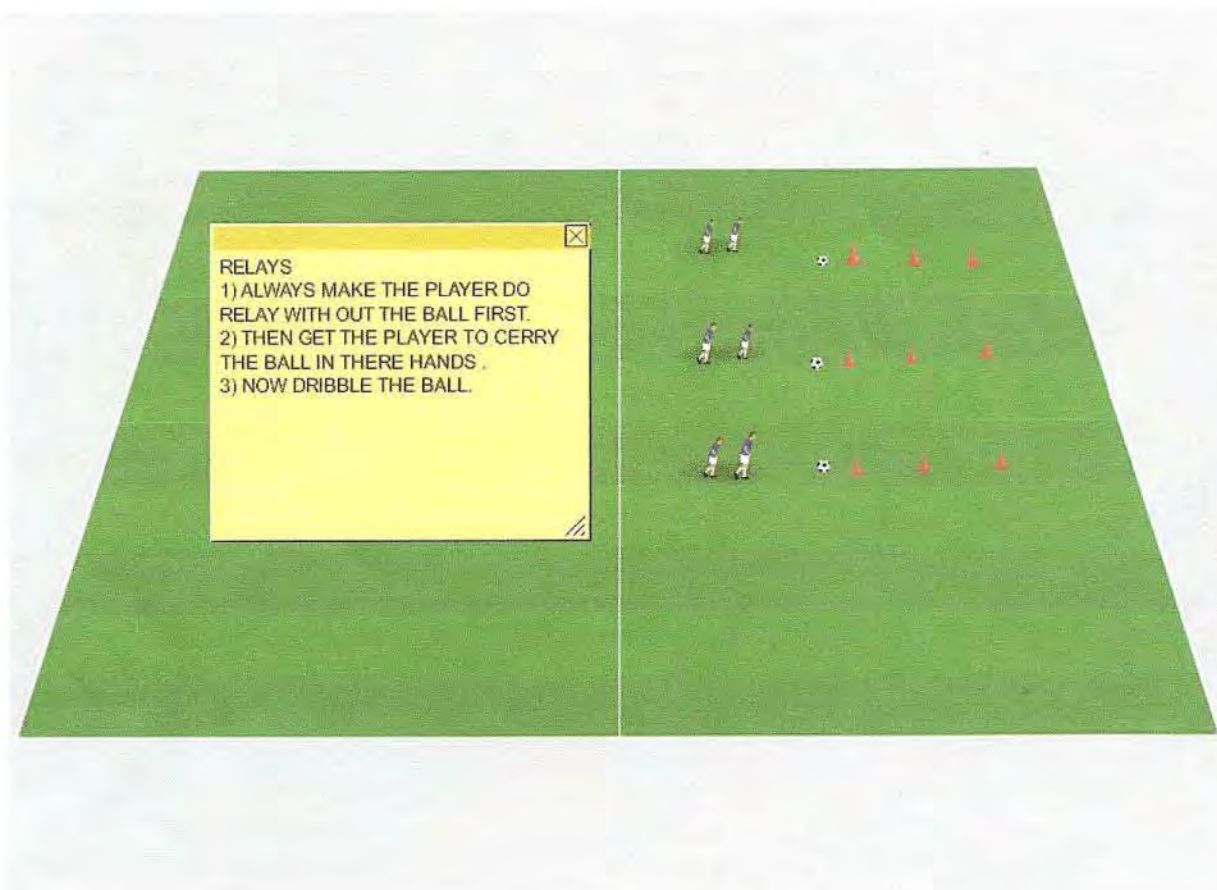
Progression:

Notes:

Measurement:

Players:

Level/Age Group:



Date:

Time:

Duration:

Description:

Objective:

Coaching Points:

Progression:

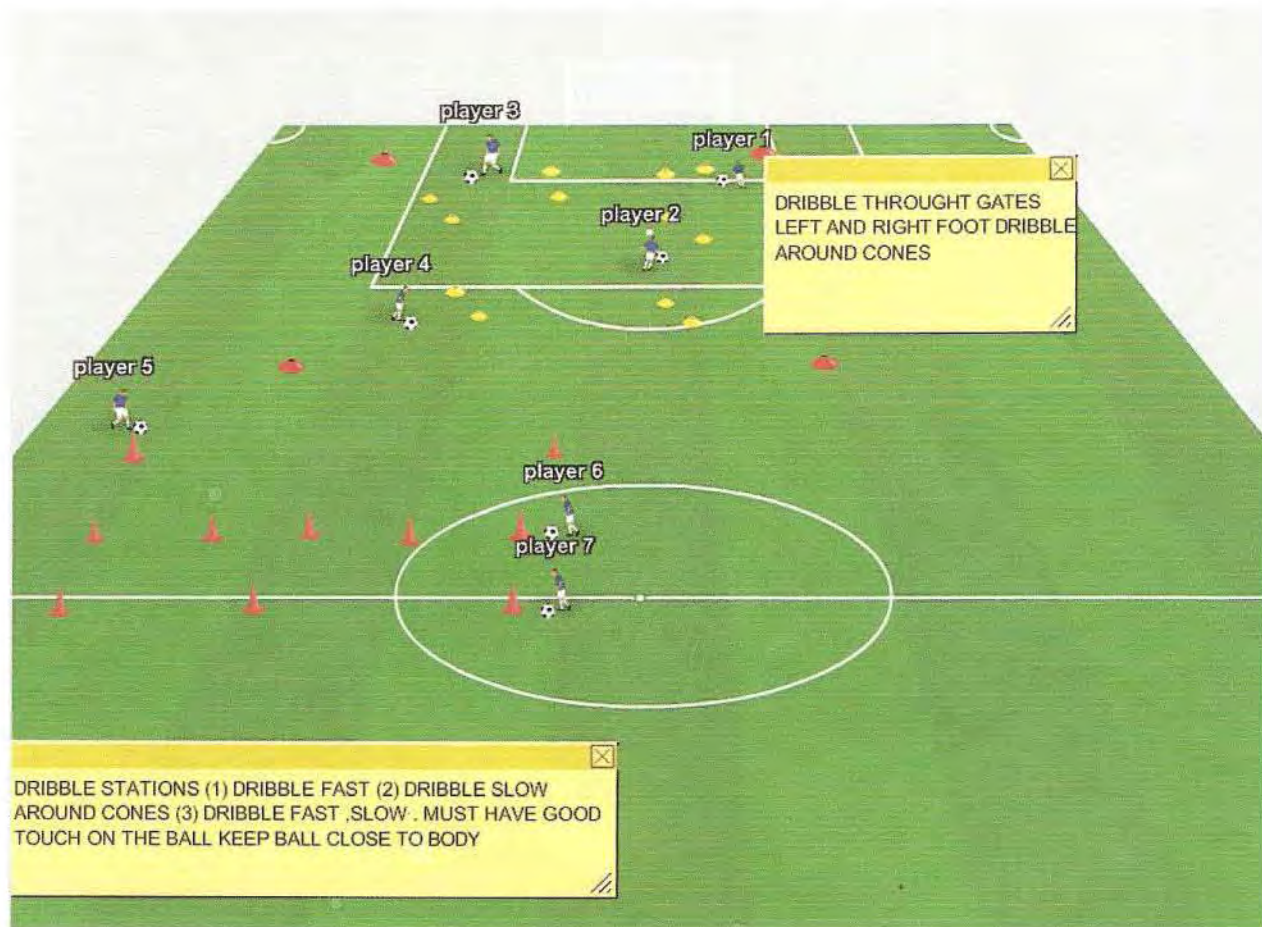
Notes:

Measurement:

Players:

Level/Age Group:

DRIBBLING STATIONS



Date:

Time:

Duration: 35 MINS

Measurement:

Players:

Level/Age Group: SKILL 5 TO 14

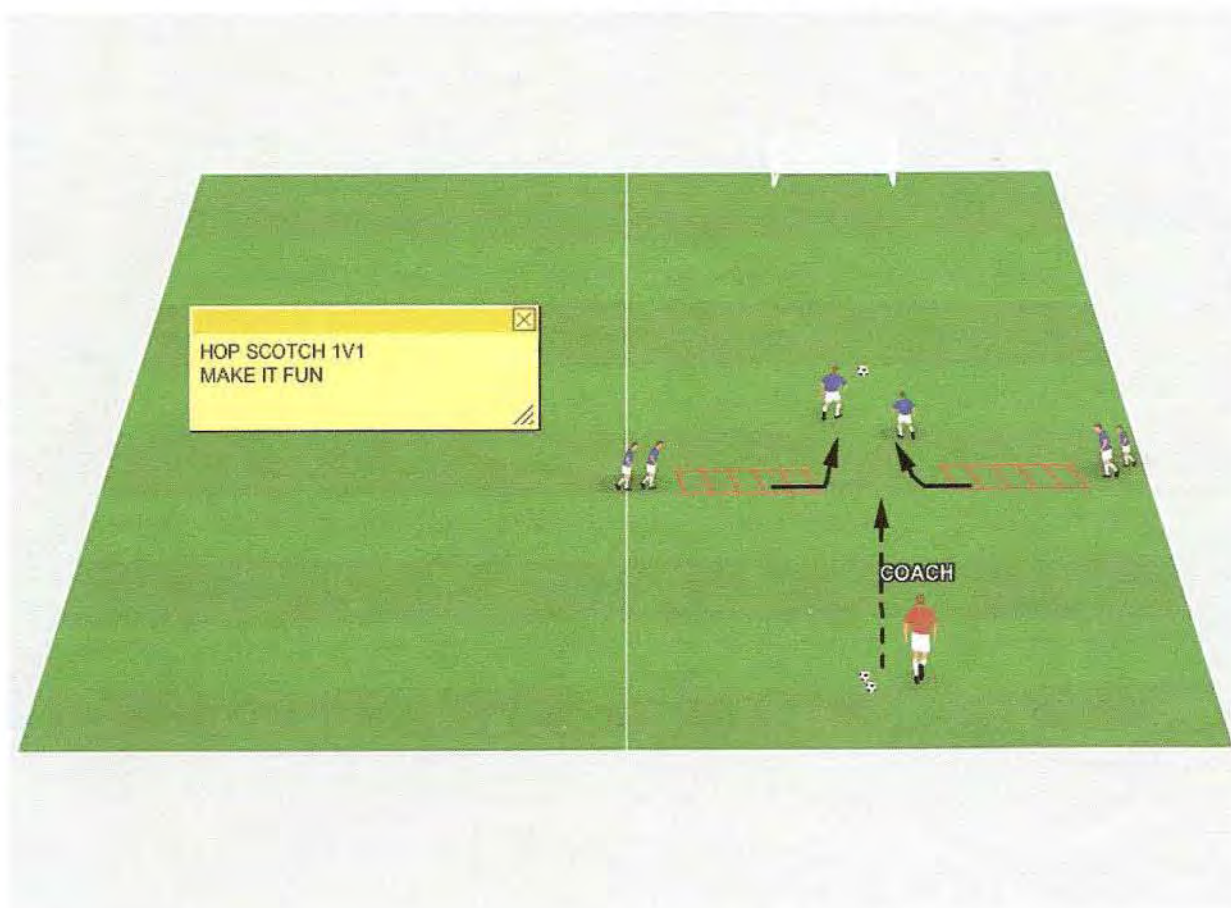
Description: KEEP BALL CLOSE TO BODY DRIBBLE BALL FAST SLOW OUTSIDE AND INSIDE OF FOOT.

Objective:

Coaching Points:

Progression:

NSGSC HOP SCOTCH 1V1



Date:

Time:

Duration:

Description:

Measurement:

Players:

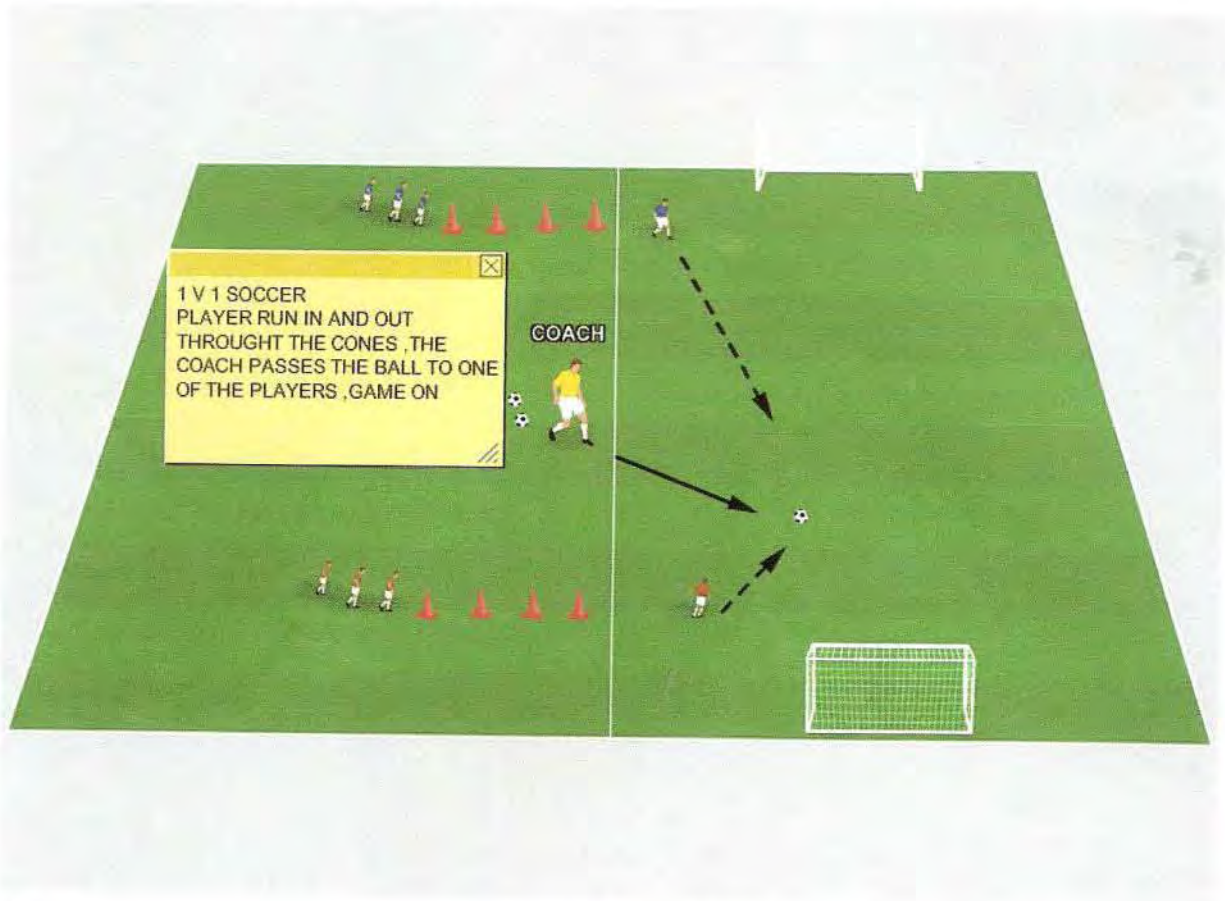
Level/Age Group:

Objective:

Coaching Points: mAKE IT FUN

Progression:

1V1 FIRST KICKS RUN IN AND OUT THROUGH



Date:

Time:

Duration:

Description: 1V1 SOCCER

Measurement:

Players:

Level/Age Group:

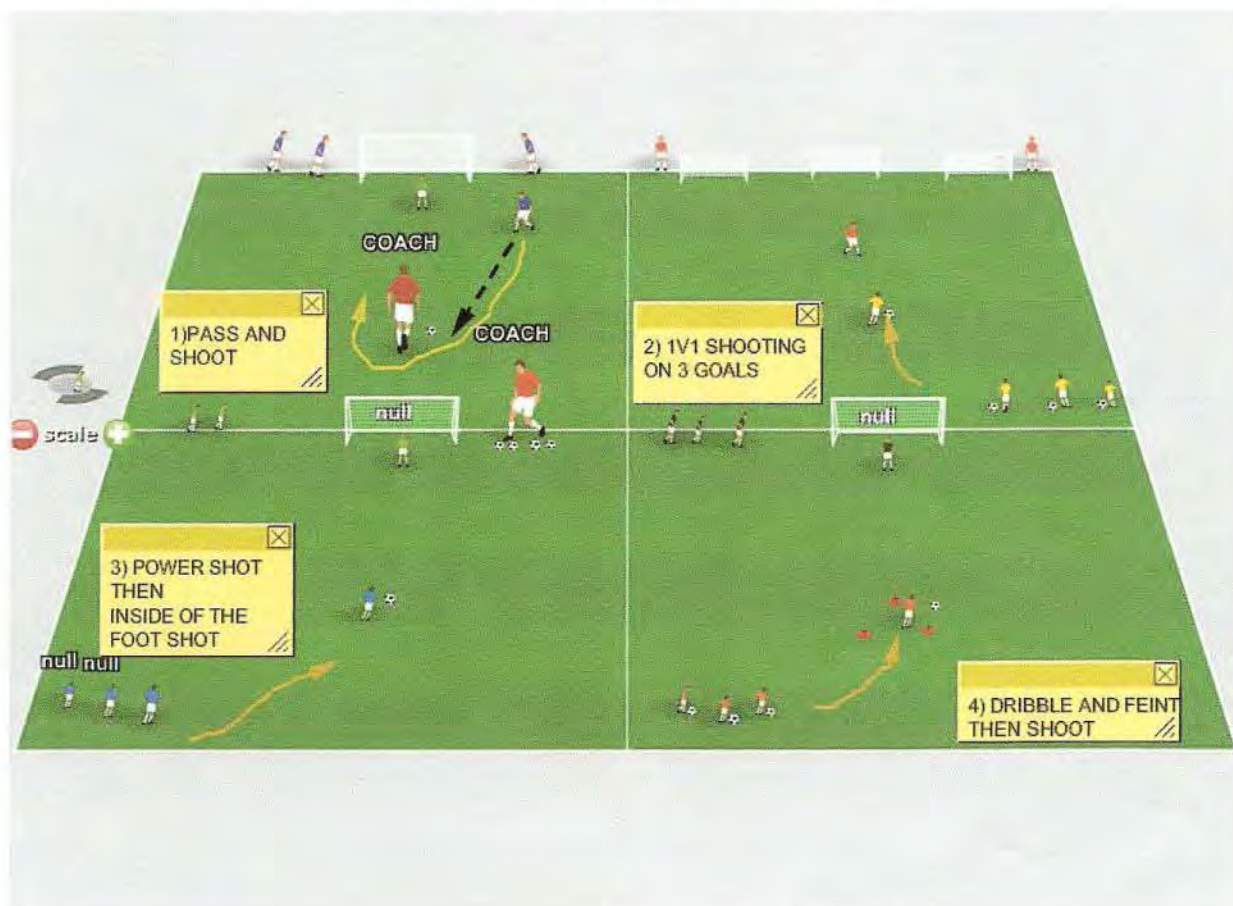
Objective:

Coaching Points: FUN

Progression:

Notes:

SUMMER CAMP DRILLS 6



Date:

Measurement:

Time:

Players:

Duration:

Level/Age Group:

Description: 1)PASS AND SHOOT- PASS THE BALL TO THE COACH AND SHOOT TEAM WITH THE MOST GOALIES WINS.
2) 1V1 SHOOTING ON 3 GOALS- ALSO 2V1 ,2V2 ,3V2, THEY TRY TO GET A SHOOT OFF TEAM WITH THE MOST GOALIES WINS. IF DEFENDER GETS THE BALL THEY GET 2 POINTS.

Objective: 3)POWER SHOT AND INSIDE THE FOOT SHOT- IF THE PLAYER SCORES BOTH SHOTS THEY GET 3 POINTS. TEAM WITH THE MOST POINTS WINS.

Coaching Points: 4)DRIBBLING AND FEINT THEN SHOT- PLAYER DRIBBLES IN THE THE TRIANGLE THEN MAKES A MOVE (FEINT)TAKES A SHOT.

Progression:

SUMMER CAMP DRILLS 4



Date:

Measurement:

Time:

Players:

Duration:

Level/Age Group:

Description: ALL THE 1V1 , 2V1 , 2V2 , 3V2 , THE BALL CAN BE PASSED IN BY THE COACH OR THE PLAYER CAN PASSES THE BALL IN. EACH DAY PLAY THE NUMBER GAME OR 1V1 OR 2V1.

Objective:

Coaching

Points:

Progression: