



BODY PARTS

Emphasis:

This soccer game focuses on the younger player's dribbling skills and their ability to think quickly on their feet while maintaining close ball control.

Game Info:

This is for ages U6-U10. It is best run with at least 2 players but no more than 18 players. The drill should be run approximately 15 minutes on a small field.

The coach will also make sure they have the following equipment: cones

Setup:

Create a grid about 20X20 yards. All the players should be inside the grid with a ball of their own.

Instructions:

The coach shouts a part of the body that the player uses to stop the ball. For example right foot, left foot, knee, chest etc.

Progression:

- Play at a faster pace
- Use the weaker foot

Coaching Points:

- Encourage players to use the inside and outside of their dominant foot
- Have players constantly move and zigzag to avoid opponents.
- Keep Close possession of the ball.
- Head up to avoid collisions.
- Listening skills