

Developmental Soccer Activities

Warm-Up & Stretch (5-10 Minutes)

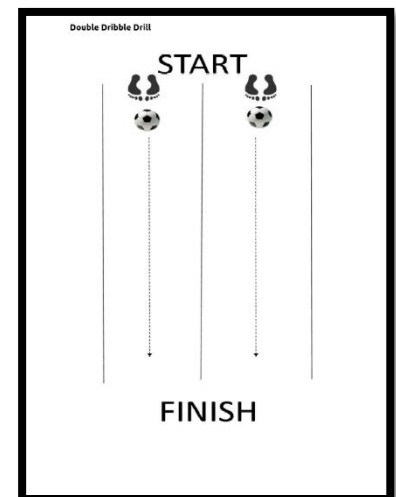
- March on the spot (30 seconds)
- Jog on the spot (30 seconds)
- Front Lunges (5 each leg)
- Side Lunges (5 each leg)
- Trunk twist (10 each side)
- Arm circles (forward and back)
- Any other stretches or movements anyone can think of!

Dribbling (30 Minutes)

- **Equipment:** Soccer Balls, Hula-Hoops, Cones/Pylons
- **Goals:** Functional Movement, Ball control, Cardiovascular Capacity

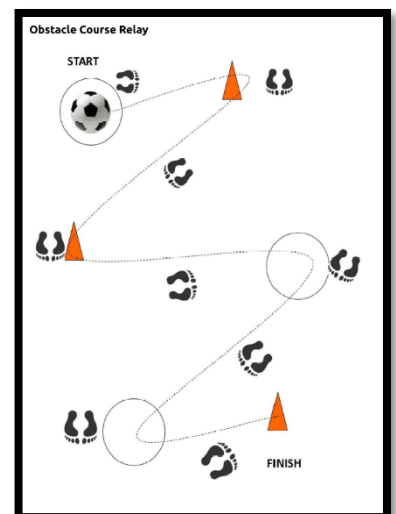
Drill 1: Double Dribble (15 minutes)

- Set up the drill as shown, using cones to form two enclosed lanes 15 meters long by 5 meters wide
- Form two lines of athletes at the start of the drill
- Have athletes dribble the ball from the starting line to the finish zones while staying in their lanes
- Athletes should control the ball throughout the drill and stop the ball with their feet upon getting into the finish zone
- **Red Light Green Light** is a fun implementation of this drill, by having the athletes start and stop on verbal commands



Drill 2: Obstacles Course/Relay (15 minutes)

- Set up the drill as shown with cones and hula-hoops approximately 6-8 feet apart, forming a letter "W"
- Form a line of athletes at one end of the cones
- Athletes will dribble a soccer ball around each of the cones and through the hoops, stopping at the opposing cone at the end of the drill
- A relay component can be implemented with other groups, with athletes tagging their partner by dribbling the ball back to the start after completing the drill



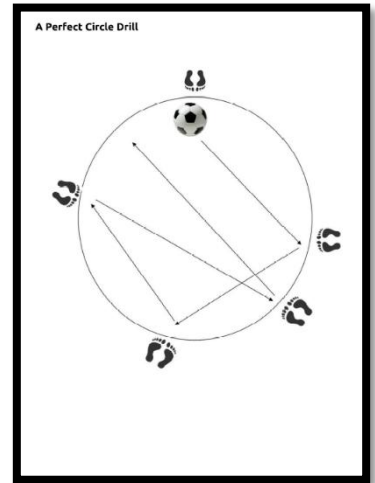


Passing & Shooting (30 minutes)

- **Equipment:** Soccer balls, Soccer nets
- **Goals:** Kicking Accuracy, Ball Control, Social Skills, Functional Movement, Teamwork

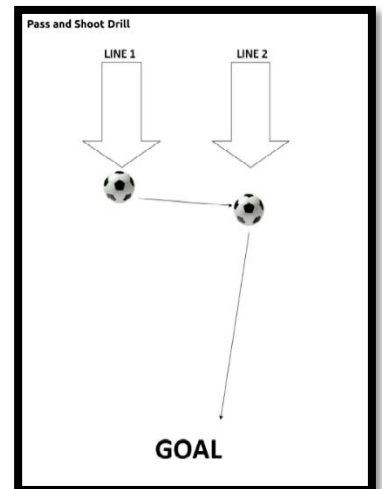
Drill 1: A Perfect Circle (15 Minutes)

- Set up athletes in a circle with one ball per circle
- Athletes will call out the name of the student they intend to pass the ball to
- Athletes will continue to call out and pass to each other, and are encouraged to try to pass to everyone in the circle
- Gradually widen or shorten the circle as needed, as the ability level of the athletes permits



Drill 2: Pass and Shoot Drill (15 Minutes)

- Place athletes into two lines starting closer to centre field, and a soccer net placed at the end of the soccer field
- Athletes in Line 1 will pass to Line 2, the athletes in Line 2 will dribble the ball down the field and take a shot on the net
- Athletes should rotate lines after completing the drill, ensuring that everyone gets to pass and shoot the ball
- The passing and shooting lines should switch so that athletes pass and shoot from the left and right



Skills Challenge: (30 Minutes)

- **Equipment:** Soccer Balls, Cones/Pylons, Hula-Hoops, Soccer Nets, Passing Rebound Boards
- **Goals:** Ball Control, Functional Movement, Kicking Accuracy, Cardiovascular capacity

Drill: Dribble, Pass & Shoot

- Set up one lane from the Double Dribble drill, the Obstacle Course, and the Pass and Shoot drill using a passing rebound board or positioning a volunteer/coach as the passer
- One athlete will begin by dribbling a ball through the lane of the Double Dribble drill, and then around and through the cones and hula-hoops of the Obstacle Course
- Once the athlete gets to the Pass & Shoot portion, they must pass their ball to the rebound board or a volunteer/coach with enough force so that the ball can bounce off the board or the foot of the volunteer/coach and be returned directly in front of the athlete for them to take a direct shot on net
- Athletes can return to the end of the starting line to attempt the challenge again

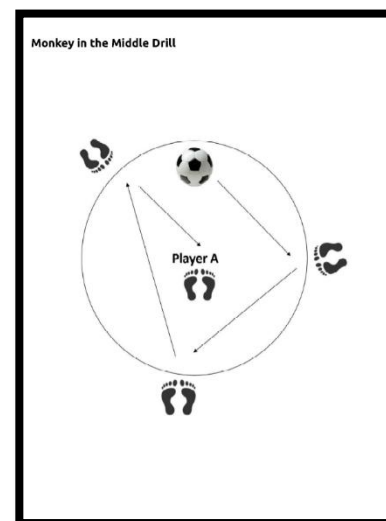


Defending: (30 Minutes)

- **Equipment:** Soccer Balls, Cones/Pylons,
- **Goals:** Spatial Awareness, Anticipation, Functional Movement, Kicking Accuracy

Drill 1: Monkey in the Middle (15 Minutes)

- Set up athletes in a circle, with one athlete in the centre
- Player A will be in the centre of the circle as the other athletes will attempt to pass a ball to one another through the circle without Player A intercepting the ball
- If the ball gets intercepted by Player A, then the athlete who passed the ball will become the new Player A
- Ensure all athletes take turns being Player A
- Gradually widen or shorten the circle as needed, as the ability level of the athletes permits



Drills 2: 1v1 Defending (15 Minutes)

- Set up a box with cones/pylons 9-10 meters on each side
- Form one line of athletes at one end of the drill and assign them as the defenders, and create another line of athletes at the opposite end, designating them as the attackers
- Both lines should be positioned outside of the box
- One defender and attacker will start inside the drill
- The attacker will attempt to dribble the ball within the box to maneuver past the defender to the opposite end
- The defender will attempt to steal or knock the ball out of the box
- Athletes should rotate to the attacking and defending lines after taking turns at either position
- Gradually widen or shorten the box as needed, as the ability level of the athletes permits

