

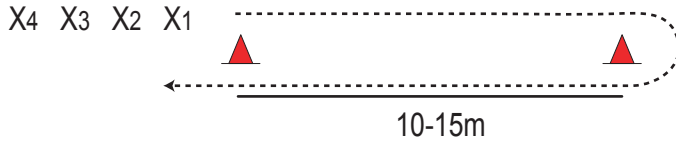


# KIDS SOCCER # 3

**Practice Focus: Passing, 1v1** □ □ □ □ □

**Time: 1 hr**

## Warm-Up: Relay Race (10min)



< 7yrs old: 10 m  
7 yrs + : 15 m

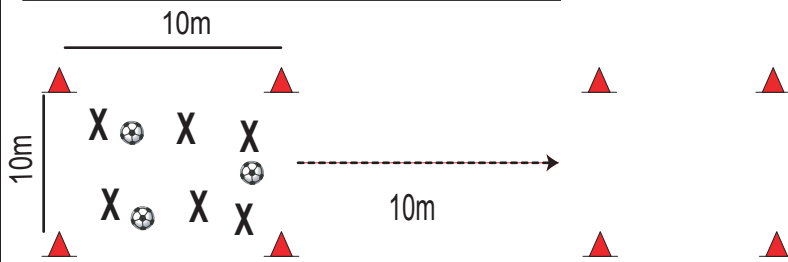
Make as many groups of 3 or 4 players as you can

X1 sprints around far cone and back and touches off X2

X2 runs and touches off X3, X3 runs and touches X4

The group whose players come around first wins.

## Ball Handling: Passing and dribble (10min)



Players work in partners

They pass the ball to each other inside square

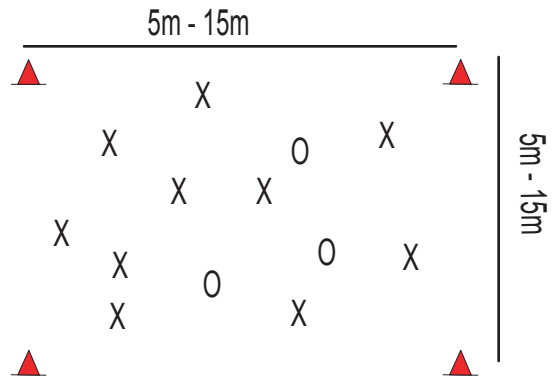
On command, players with ball dribble to other square, partners run after them.

Once in other square, pass again and repeat

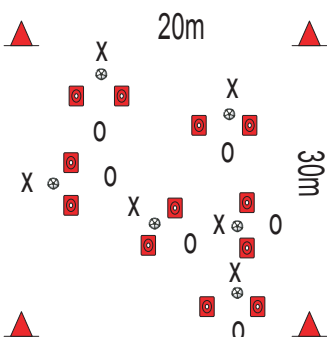
## Co-ordination: Catch Game 1 (10 min)

Catchers (O) are identified by wearing pinnies, hats or armbands. Everyone runs in the square and catchers must touch runners (X) Once touched, the runner changes role with the catcher. Who gets caught the least in each 2 minute game?

Age	Size of Square	# of catchers
< 6	5m x 5m	3
7,8	10m x 10m	2
>8	15m X 15m	1 or 2



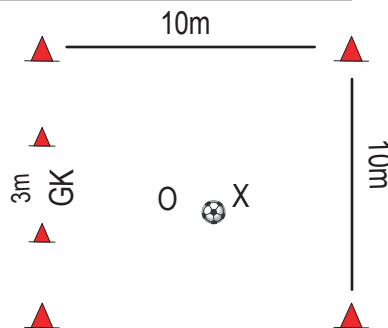
## Motivational Skill: Pass through small goal (10min)



X and O work in pairs and pass ball to each other through 3m wide goals

<7 yrs old , pass through same goal  
7 yrs + , pass through each goal

## Game: 1 v 1 with GK (15 min)



X plays 1v1 on goal

change GK every 2 min

Players should be busy at all times. If drills keep players inactive, break team into smaller groups and run parallel drills.