



YMCA

We build strong kids,
strong families, strong communities.

Micro Soccer Coaches Clinic

Skill Practice ideas

3/26/06

DRIBBLING

- Use all parts of the foot
- Keep the ball close
- Head up

Games for practice:

Body Part Dribble – each player dribbles around in the area. Coach calls out a body part and player must stop the ball with that.

Math Dribble—each player dribbles around the area. Coach holds up a finger(s) and players must yell out the number. Gets the kids to pick their head up and look around as they dribble.

Red Light, Green Light—each player dribbles around in the area. Coach says ‘Green Light’ and players dribble. Coach says ‘Red Light’ and players stop ball with the sole of their foot. Coach says ‘Yellow Light’ and players must turn the ball and go in the opposite direction as quick as they can.

Sharks & Minnows--Pick a ‘Shark’ who will try to steal the ball away. Minnows have to dribble their ball across the area and avoid the Shark. If their ball gets taken, they become a Shark too.

PASSING

- Use the inside of the foot or the shoelaces. No toes!
- Lock the ankle
- Stay over the ball
- Plant foot next to the ball

Multiple Goals—set up cones 3 ft apart and make 5-6 sets of goals. Partners with a ball must pass the ball thru the goal to score. See how many they can get in 30 seconds.

Pass thru the Gate—teach the players the technique of passing. Have them practice by passing the ball thru a gate, 3 ft. wide to a player on the other end. Players follow their pass and join the line on the other side of the gate. Also works to teach Receiving (getting the body behind the ball and cushioning it as it comes in to absorb the force of the pass)

Crazy Cones—set up several cones and make a circle of players around them. Players try to pass the ball and knock over a cone. Challenge them to use their “other” foot or only use their shoelaces to pass the ball.

Monkey in the Middle—players form a circle and put one ‘monkey’ in the middle. Play keep away. If the monkey gets it, the player who made the bad pass is now in the middle.