



Coventry Soccer Inc. Instructional Dynamic Warm up

Jog around the field once in a line (Coaches may need to lead the jog)

Have players line up without their ball on the sideline facing opposite sideline. Have players space out. When performing the warmup exercises players will move from one sideline straight across the field to the opposing sideline. Here they will wait for all their team to “catch up”. When all players are on the opposing sideline the coach can instruct the players to begin again. All players should begin the exercises at the same time to keep them moving and engaged.

- Jumping Jacks x 10 (stationary)
- High knees down and high knees back
- Butt kicks down and butt kicks back
- Skip down- skip back (opposite arm opposite leg)
- Monster walk/toy soldier – slow... opposite arm opposite leg
- Side shuffle down – face same direction and side shuffle back

Feel free to add additional stretching.

(While waiting for all the players to arrive at practice partner passing or dribbling through cones, or dribbling through cones and shooting on a goal can be helpful and fun)

Practice Recommendations

Coaches can then transition to footwork or dribbling after the warmup.

FOOTWORK

- Toe taps on ball
- Tik toks
- Pull backs – but turn and change direction while pulling back (no blind pull back if it can be avoided)
- Advanced for this age but can try Sole roll

Footwork Games

Simon Says – Players can be lined up on the “white line” or in the field. Coach will be Simon and can use footwork above (or any other age-appropriate footwork) during Simon Says.

Freeze free dribble with footwork – Players free dribble around the field or a smaller space lined by cones. The coach can yell out “freeze”. Before the players dribble again coach can instruct players to do an allotted amount of footwork (i.e., One pull back (older ages specify left or right), 3 tik toks, 5 toe taps)

Dribbling games

Gates – Set up cones in sets of two randomly around the field. The set of cones should have enough space in between them for players to dribble through. Have players dribble around and in between the gates or sets of cones. Older kids can count how many gates they go through in a set time and compete against each other.

Knock out- Using cones mark off a square area for players to use for this drill. Aim for smaller than half field. Have players free dribble in the designated area. While the players are dribbling, they want to try to protect and shield their ball while attempting to knock another player's ball "out of bounds". Once they are "knocked out", they stay out until one player is left.

Freeze dribble – Have players dribble around the field wherever they want and freeze when the coach yells out freeze. Encourage the players to keep their eyes up and heads up when dribbling, keep the ball close, and of course to pose in any silly position they want when you yell out freeze.

Simon says dribble- Have players dribble around the field or a smaller area set up by cones. When the coach yells out Simon says_____. The players stop dribbling and perform the task Simon Said. OR while the players are dribbling the coach can yell out some footwork without "Simon Says". The player that does the footwork can be "out".

Shadow dribble- Coaches dribble and players follow. Follow the leader like fashion. IF the coach stops and puts their Right foot on the ball then the players will shadow or follow. If the coach decides to dribble fast or slow, to change direction or do footwork the players shadow or follow.

Body part on ball dribble (Simon says)- Player's dribble in an allotted area. Encourage players to keep eyes up and the ball close when they dribble. The coach can then yell out a body part to put on the ball (i.e Left foot, elbow, head, bottom, knee)

Red light- green light – Players line up on the end line at one end of the field. Space the players out to give room. They must dribble to the other end line. A coach or a teammate can be the "traffic officer". They will have their backs initially to the players. The coach or teammate will yell out GREEN LIGHT! The players can begin to dribble. Then they yell out Red light! While the players are dribbling towards them. The players then need to STOP dribbling. The first player or two to the end line can become the next traffic officer. Feel free to add in YELLOW LIGHT for slow dribbling.

Sharks and Minnows – Use full or half field. Players start at one end with their balls. The players with the balls are the Minnows dribbling toward the opposite end line. Begin with one or two "sharks". The sharks do not have a soccer ball. The sharks can either wait until the players get midway or attack right away. (Coaches discretion) They are trying to get the ball away from the minnows either by kicking it or commandeering the minnows' ball. Once the shark gains possession of the ball or kicks the minnows ball away the minnow joins the sharks as a shark the next round.

Mr. Fox – One player(or the coach) is "Mr. Fox". Mr. Fox is situated at one end line back facing the players. The players are situated at the opposite end line. The players yell out "What time is it Mr. Fox? Mr. Fox then decides "what time it is" and yells out their response. One o'clock means the players can take one dribble step. Two O'clock means they can take two dribble steps. So on and so forth. The players then ask Mr. Fox what time it is again. Mr. Fox responds in the same fashion. At some point, usually when Mr. Fox thinks the players are close to them, Mr. Fox yells out.... "It's lunch time!!" and

runs around trying to steal the ball/chasing the players back from the line they started on. The players must always be dribbling their balls on the way back to the starting line.

Through cones – Set up 5-8 cones in a line. Split the players into 2-3 groups enabling players to keep moving.

Have the players one at a time dribble around the cones. Encourage players to take their time and use the inside of the Right foot then the inside of the left foot to get around the cones. Remind them to keep the ball close. As players progress have them dribble faster through the cones. After they complete the turn through the cones have them dribble back to the back of their line.

Advanced for this age but a good challenge for some- Dribble through cones using just the Right or Left foot. When using just one foot first use the inside of the foot then the outside surface of the foot to bring it back and around the cone. “Inside-Outside, Inside- Outside”

Passing games

Kick the coach- Players circle around the coach with their ball, whatever distance the coach decides is appropriate. One at a time they try to kick the ball to the coach. Some kicks may even “knock the coach down” with their “powerful kicks”

Dizzy passing- split into groups of 3 players. Players will be in a line, gauge the distance apart based on talent and age group. The goal is to complete passes. The two players on the end will each have a ball. The player in the middle will receive a pass from outside player number one. They will then pass it back to player number one. Then they turn and receive the pass from player number 2 and return pass. How many passes can you do? Once they get the hang of it ... can you go faster? Are you dizzy? Over the season increase the distance between the players for a challenge.

Pass and Move- Form two lines. The players in one of the lines has a ball. The other line does not. Set up cones in two lines, down the length of the field. The cones should be staggered diagonally from each other. Player 1 has the ball. Player 2 starts out on their first cone. Player 1 will pass diagonally to Player two. Player one will then run to their first cone and wait for Player two to pass to them. After Player two makes a pass, they will then run to their next cone to wait for Player one to pass to them. Continue this way until the end. You can have the players run back on the outside to their line or to the opposite line. (A very long-term goal will be for the player to pass ahead of the moving player into space, as they get older)

GAME PLAY

Small sided games –Use full field or move the goals in and make it a bit smaller. Line kids up your side- yell out 1 while rolling ball out! One from each “team” will run around the back of the goal – try to get the ball and score/second to the ball defends and tries to steal ball and score... To change it up you can yell out 2 and send 2 players out at once, or 3. Pinney’s can help distinguish the “teams”

MISCELLANEOUS

This is not soccer related but just pure fun! Great to use while setting up another drill as part of the warmup.

Turtles and soup bowls- Using disc cones. Have some cones faced down (look like turtle backs) and some faced up (like soup bowls) Split the group into two teams. Half of the group needs to make the cones turtles and the other half soup bowls.