

Team Roster

TEAM NAME: _____ DRAFT SPOT: _____

Coaches

Name	Phone	Email

Players

[illegible]

Snack Sign Up

Week	Date	Parent's Name	Contact Info
1			
2			
3			
4			
5			
6			
7			
8			

Concession Stand Volunteer Sign Up

		Parent's Name	Contact Info
1	Main		
2	Alternate		

CVYS Contact Sheet

President: Andy Armutat, aarmutat@gmail.com
Vice President: Brian Taylor, taylorbc1976@comcast.net
Secretary: Bill Kerr, kerr.william@comcast.net
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Treasurer: Tim Robinson, tcaarobinson@comcast.net
Immediate Past President: John Kennelly, john.leah.kennelly@comcast.net
U12 Commissioner: Terry Phillips, tcgp.phillips@gmail.com
U10 Commissioner: Lincoln Kretchmar, lincoln@kbakery.com
U8 Commissioner: Art Pratt, ampratt@comcast.net
U6 Commissioner: Brodie Patten, brodie_ou@yahoo.com (Non-Board Member)
U5 Commissioner: Tiffany Gasperine, tiffany.gasperine@gmail.com
Referee Assigner: Scott Schmidt, s.d.schmidt@comcast.net
Concession Stand: Kevin Conti, Kevin.Conti@ch2m.com
Board Member: Stephanie Cercone, stephcercone@hotmail.com

Contact CVYS via email at: CVYScub@gmail.com

CVYS Mailing address: P.O. Box 1333, Aliquippa, PA 15001

Website: www.cvyouthsoccer.org

CVYS In-House Under 10 Games Rules

Game Format

- The Ball: A size four(4) soccer ball will be used.
- The Number of Players: Each team will play with 6 players on the field including one goalkeeper. If a team is losing by more than 5 goals, they may put an extra player on the field.
- Each team will select a team captain to represent the team on the field
- Substitutions: At any stoppage and unlimited. Substitutions must enter at the center line.
- Playing time: Each player will play a minimum of 50% of the total playing time.
- The Duration of the Match: The match shall be divided into two, 25-minute halves.
- Offside: Conform to FIFA offside rule.
- Fouls and Misconduct: Conform to FIFA with the exception that all fouls shall result in a direct free kick. No cards shown for misconduct.
- Penalty Kicks: A foul on the defending team inside the penalty area will result in a penalty kick. Conform to FIFA for details on penalty kicks.
- Scoring: Anytime the ball completely crosses the end-line inside the goal, the attacking team is awarded a goal.

The Start and Restart of Play

- Kick-Off: Each half will begin with a kick off at mid-field. The visiting team (Blue) will kick off to start the match. The home team (White) will kick off to start the second half. After a goal, play will restart with a kick off by the team that was scored upon. At the discretion of the referee the team to take the opening kickoff may be determined by a coin flip prior to the start of the game. The winner of the coin flip chooses a goal to defend in the first half and also takes the kickoff at the start of the second half. The loser of coin flip takes the kickoff at the start of the game.
- Throw-ins: Anytime the ball fully crosses a side-line, play will restart with a throw-in. The last team to touch the ball in bounds will lose possession, and the opposing team will take the throw-in. Throw-ins will be taken where the ball left the field play. During a throw-in, the player will throw the ball using two hands straight over their head, and both feet will remain on the ground and out of bounds until the throw is complete.
- Corner Kicks: Any time the defending team kicks the ball completely over the end-line outside the goal, the attacking team will restart play with a corner kick. Conform to FIFA with the exception that opponents remain at least eight yards from the ball until it is in play.
- Goal Kicks: Any time the attacking team kicks the ball completely over the end-line outside the goal, the defending team will restart play with a corner kick. Conform to FIFA with the exception that opponents remain at least eight yards from the ball until it is in play.
- Free Kicks: Conform to FIFA with the exceptions that all free kicks are direct and opponents are at least eight yards from the ball until it is in play.

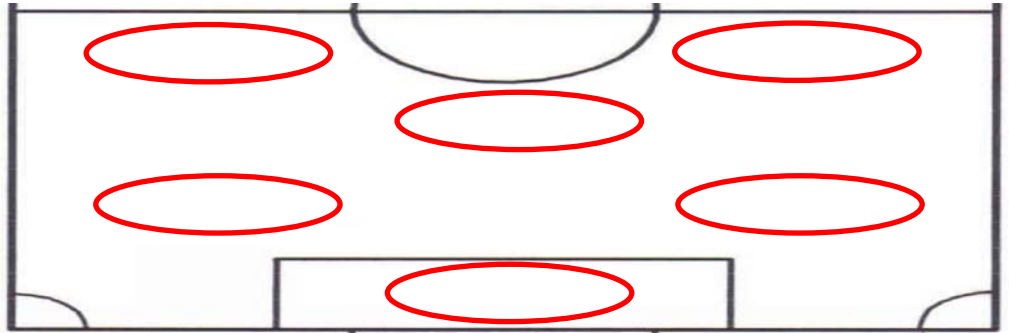
Dress Code

- Non-uniform clothing is allowed based on weather conditions, but uniforms must be the outermost layer to distinguish teams, and hoods must be tucked inside the uniform jersey while the player is on the playing field.
- Shin guards covered by socks are required.
- No jewelry. No cleats that have a toe cleat will be permitted. Nothing metallic may be worn, and nothing may be worn on the wrists.
- Goalkeepers will wear a jersey or pinnie that is a different color from either team jersey.
- Playing with a cast: Is permitted provided the cast is completely covered by soft padding and/or bubble wrap which is approved by the referee and opposing team's coach before the match.

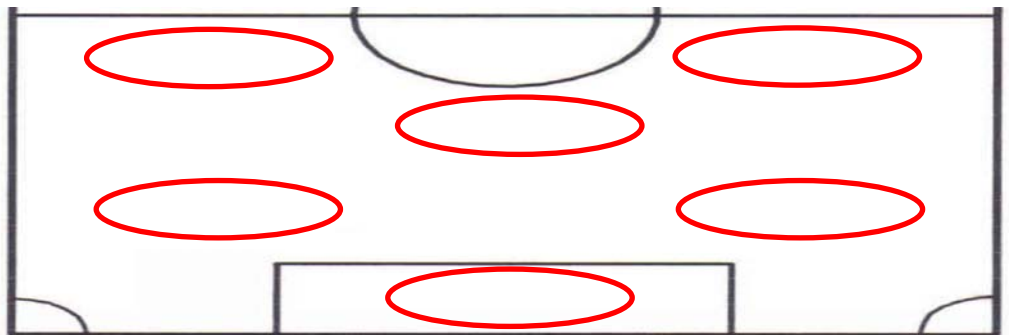
Game Lineup

Week #:

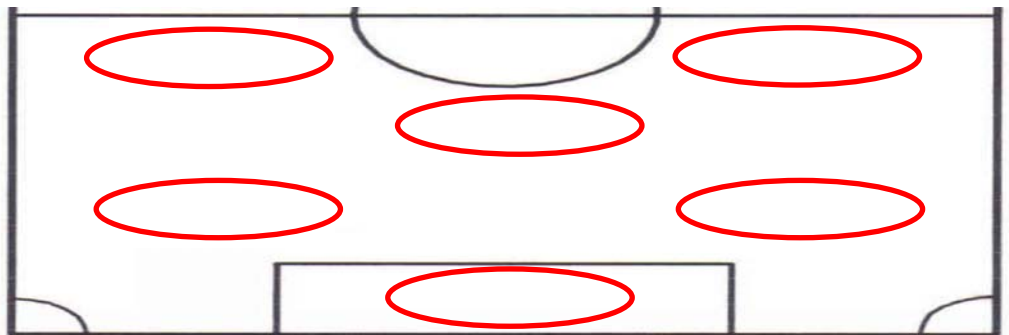
Line 1



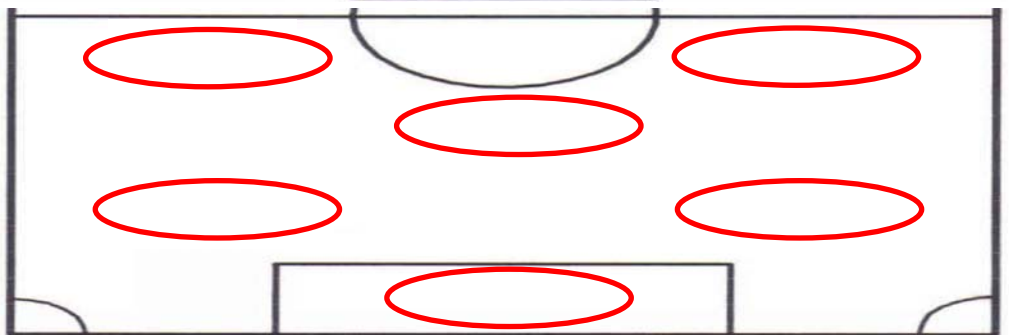
Line 2



Line 3



Line 4



In-House Soccer Fact Sheet, Fall 2015

Schedule

The Fall 2015 season will begin in August. The first games will be Saturday, September 12th. You will hear from your child's coach about a week or two before the season begins, and the game schedule will be distributed and posted about a week before the season starts.

Practice and Games

All practices and games are at the Center Grange Primary School fields. Teams will practice one week night per week during the season. Practice nights and times are determined by your team's coach. Games will be on Saturday mornings at either 9, 10 or 11 AM.

Uniforms

All teams wear the same blue and white reversible jerseys for games. Jerseys are available for purchase (\$15) at the concession stand during the first few weeks of the season. They are very durable and can be used for multiple seasons. There are no special requirements for color of shorts or socks.

What Your Child Needs to be Ready for the Season

Your child needs hard face shin guards, soccer shoes (no single toe cleat), a soccer ball (size 3 for U6, size 4 for age 8 and up) and a water bottle for practice and games. Dick's Sporting Goods often offers package deals for these items at the beginning of the season. NOTE: There are no earrings or other jewelry allowed during games, and shin guards must be fully covered by socks.

Game Formats by Age Group

U6: (Under age 6 by the last July 31st) Division: U6 plays on very small fields with small goals. Each team plays with 3 players on the field at one time. There are no goal keepers in U6. Anytime the ball goes out of bounds, play restarts with a throw-in.

U8: (Under age 8 by the last July 31st) Division: U8 plays on a small version of a conventional soccer field. Each team plays with 6 players on the field at one time, 5 field players and a goal keeper. U8 adds goal kicks and corner kicks. We start to introduce positions in U8 soccer (forwards, backers), but there is no offside rule.

U10/U12: (Under age 10/12 by the last July 31st) Division: U10/U12 teams on a larger field yet. U10 plays with 6 players on the field per team, U12 plays with 7. U10/U12 adds direct kicks after fouls, penalty kicks and offsides. We start further develop positions (forwards, mid-field, backers) as well.

Volunteers

Coaches and concession stand helpers are always needed. You don't need to know much about soccer to coach, especially U6 level. Free coaches' clinics and mentors are available at the start of every session that will help you get up to speed. Volunteers will receive \$10 cash back off registration fees for the session. Contact CVYSclub@gmail.com or click a volunteer checkbox in the online registration system if you are interested.

Promoting Sportsmanship and Fun

Our goal is to provide a fun environment where kids can develop athletic skills and learn the game of soccer. We don't keep score for our in-house games, and we promote principles of good sportsmanship as well as respect for teammates and other players. All kids in the in-house program can expect roughly the same amount of playing time in games.

Initial Team Meeting Checklist

- ☐ Get an assistant coach, or practice helper if needed
- ☐ Get a parent to manage post game snacks and/or send around the sign up sheet
- ☐ Establish a system for contacting the team when needed.
 - Email through website
- ☐ Review practice time/place
- ☐ Set guidelines for bad weather
- ☐ Distribute information about skills nights
- ☐ Set clear expectations of parents
 - Get kids to practice 5-10 minutes early
 - Get kids to games 15-20 minutes early
 - Make sure kids are properly outfitted: soccer cleats, shin guards, water bottle, ball, no jewelry, SHOES TIED WITH DOUBLE KNOTS
 - Notify coach if your child will miss practice or game
- ☐ Set clear expectations of the kids
 - No talking when a coach is talking
 - Listen and do as you're told in practice and games
 - Be respectful of your teammates
 - Do your best and have fun
- ☐ Clearly state what parents and kids can expect from you
 - Focus on player development with fun drills and games
 - All kids will have roughly the same amount of playing time
 - Kids will get to try different positions (U8, U10)

Practice Plan / Recap

Week #:

Warm Up

Time	Drill / Drill Progression
5 minutes	
5 minutes	

Skill Building and Topical Instruction

Time	Drill / Drill Progression
10 minutes	
10 minutes	
10 minutes	

Structured Play

Time	Drill / Drill Progression
10 - 20 minutes	

Notes:

1v1 50/50 to Goal Team Competition

1v1, Team Competition, going to goal, scoring goals, practice, training, sessions, drills

Published 6/11/2009 4:56:33 PM

Author: [Chris Johnson](#)

Drill Objective:

The purpose of this [soccer drill](#) is to work on [soccer fitness](#), [scoring soccer goals](#), [soccer shooting](#), [soccer goalkeeping](#), and winning 50-50 balls. This is a [fun soccer drill](#) for the younger soccer player.

Drill Setup:

On a full size training goal, place a goalkeeper in the goal. Split the remaining players into two even teams and align them on each goal post. The first player in line must start with one hand on the goal post. A cone should be placed approximately 20 yards from goal in front of each line. The coach should have a supply of soccer balls available.



Drill Instructions:

On the coach's command, the first player from each team should sprint around the cone in front of their line. As the players approach the cone the coach should play a 50/50 ball in the middle of each cone. The two players should battle for possession and quickly attack the goal.

The players should battle each other for the ball and either player can score a goal once possession is won. As a goal is scored the team scoring the goal is awarded a point.

First team to 10 wins.

Drill Coaching Points:

Players should be instructed to:

- Sprint at top speed around the cone
- Battle and win the 50/50 ball
- Quickly attack the goal once possession is won.
- Continue to fight for the ball when defending.
- Have fun.

Drill Variations

- N/A

Titled: [1v1 50/50 to Goal Team Competition](#)

Tagged: [1v1, Team Competition, going to goal, scoring goals, practice, training, sessions, drills](#)

URL: <http://www.soccerxpert.com/soccerdrills/1v1-to-Goal-Team-Competition.aspx>

Across-Field Warm-Up

Across-Field Warm-Up, soccer warm-up

Published 11/26/2005 12:00:00 AM

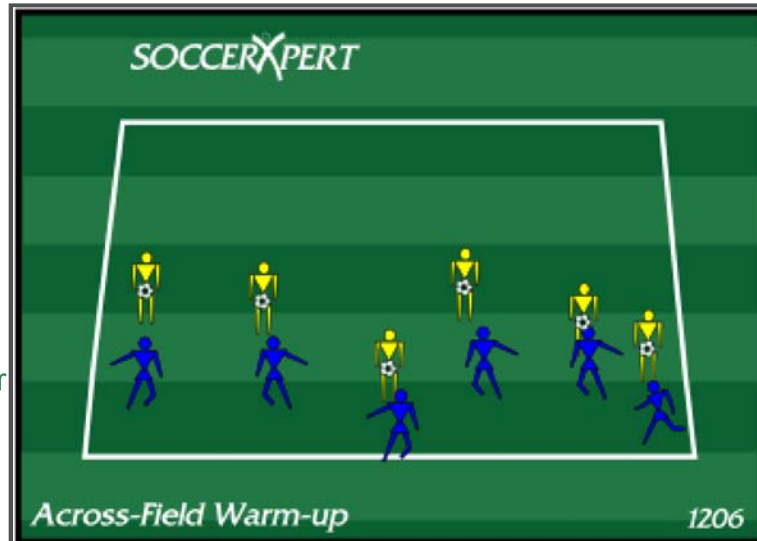
Author: [Chris Johnson](#)

Drill Objective:

This soccer drill is mainly focused on technical skills during warm up. This is a great drill to do at the beginning of each game.

Drill Setup:

Players are divided into pairs with 1 ball for each pair. Player 1 stands along the touchline, while player 2 starts about 5 yards away facing their partner. Players 2 will start with the ball.



Drill Instructions:

The player 2 holds the ball in their hands and jogs backwards across the field making tosses to their partner. The player 1 jugs forward and receives the ball and returns the ball to their partner. When the players reach the other touchline, the roles should be switched and return to the other touchline. The players should work on one of the following skills each time across the field.

1. Volly the ball back to the thrower with the inside of the foot - alternating right and left.
2. Volly the ball back to the thrower with the instep (shoe laces) - alternating right and left.
3. Trapping the ball with the thigh and returning it to the thrower.
4. Trapping with the chest and returning it to the thrower.
5. Heading back to the thrower – should make the receiver do jumping headers as well.

Drill Coaching Points:

- Good body positioning behind the ball.
- Controlled touches before playing the ball back.
- Getting a good warm-up.

Drill Variations

- Reverse the direction of the thrower and the receiver where the thrower jogs forward and the receiver jogs backwards.

Titled: [Across-Field Warm-Up](#)

Tagged: [Across-Field Warm-Up, soccer warm-up](#)

URL: <http://www.soccerxpert.com/soccerdrills/id1206.aspx>

Pirates of the Pugg

Pirate Game, Pugg Net, soccer dribbling skills, pirate of the pugg, pugg goal, goals, goal

Published 7/24/2006 6:19:18 AM

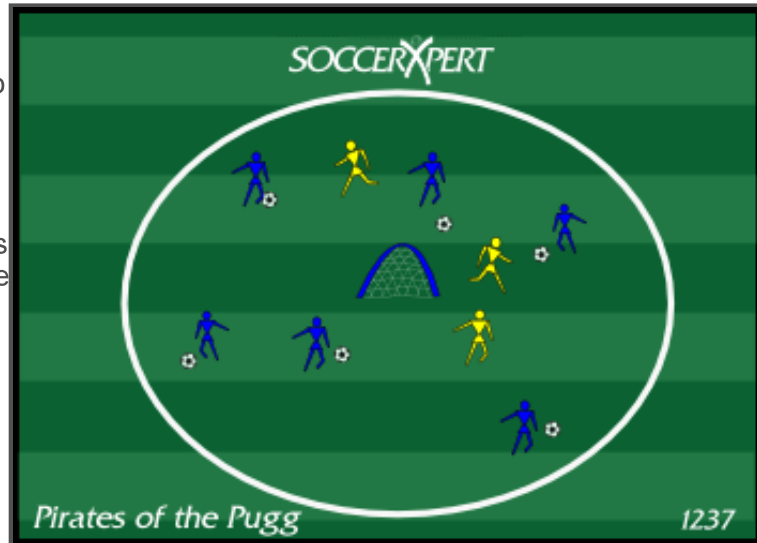
Author: John Bychok

Drill Objective:

This soccer drill is a great soccer drill using a [Pugg Goal](#) that can be tweaked to focus on many aspects of the game. For younger players ages 8-11, the primary focus should be on good dribbling technique in traffic which requires vision and awareness. The coach can also focus on transition from offense to defense if the ball is lost, or recovering from a tackle and finding safety. Defensively, this allows defenders to steal the ball from attackers and play to a particular goal or target.

Drill Setup:

Build a circle approximately the size of the center circle with a [Pugg Goal](#) in the middle of the circle. The actual size of the circle will vary depending on the age and skill level of the players. With all players in the playing area, dedicate 9 players with the ball, and 3 players without a ball will be the "Pirates".



Drill Instructions:

Instruct the "Pirates" without the ball to defend the players with the balls. Once the Pirate wins the ball, they attempt to score on the [Pugg Goal](#) in the middle of the circle. If the Pirate scores the goal, that player too becomes a Pirate. Play continues until the last player with the ball wins. If the pirates have a hard time getting started, the coach can help the pirates at first.

Drill Coaching Points:

Attacking: keep the ball close with head up so the players are aware of defenders and safety areas (space). If the ball is lost, recover quickly and fight to win it back.

Defending: Transition quickly from defense to offensive and stay focused once the ball is won, and find the target.

Drill Variations

NONE

Titled: [Pirates of the Pugg](#)

Tagged: [Pirate Game](#), [Pugg Net](#), [soccer dribbling skills](#), [pirate of the pugg](#), [pugg goal](#), [goals](#), [goal](#)

URL: <http://www.soccerxpert.com/soccerdrills/id1237.aspx>

Four Corners Passing Game

Soccer Passing Drills, Soccer Passing Games, Teaching Soccer Passing, Coaching Soccer Passing

Published 5/24/2007 7:33:00 AM

Author: [Chris Johnson](#)

Drill Objective:

The Four Corners Passing Game is a great soccer drill to focus on passing, changing the point of the attack, and timing of runs and passes.

Drill Setup:

Create four grids that are about 5x5 yard grids and set them about 40X40 yards apart on all sides. Split the group into two teams and put one team in an alternate color.

Drill Instructions:

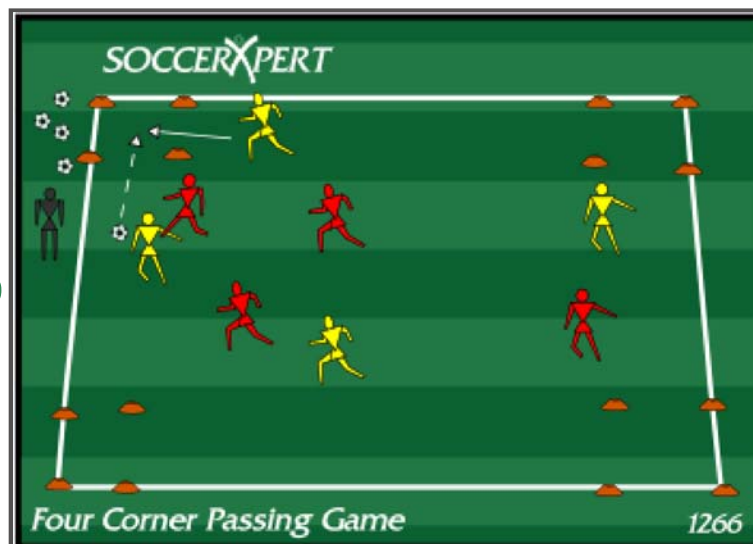
Instruct the teams to pass among their team to keep possession while attempting to score a point by passing the ball to a teammate that is inside one of the smaller grids. The teams can score in any of the corners, however, they cannot score in the same corner twice in a row.

Drill Coaching Points:

- Focus on the weight and accuracy of the passing
- Make sure players without the ball are supporting the player with the ball at all times
- Make sure the timing of the runs and timing of the pass are in sync.
- Make sure players change the point of attack and are not forcing passes into congested areas

Drill Variations

- Do not allow players to stand inside the grids waiting for a pass. Instead, instruct the players to work on timing of the runs and timing of the pass to connect inside the grid.
- Change the scoring rule to where the goal is scored only when a give and go is performed with the player that is in the grid.



Titled: [Four Corners Passing Game](#)

Tagged: [Soccer Passing Drills](#), [Soccer Passing Games](#), [Teaching Soccer Passing](#), [Coaching Soccer Passing](#)

URL: <http://www.soccerxpert.com/soccerdrills/id1266.aspx>

Circle Passing Combination Drill

Circle Passing Combination Drill

Published 7/16/2012 6:01:36 PM

Author: [Chris Johnson](#)

Drill Objective:

The circle passing combination drill will focus on passing, communication, playing with speed, and playing to feet. This is a great passing warm-up drill that can be a great start to a passing practice.

Drill Setup:

1. Create a circle around two central players where the outside players are about 5-7 yards from each other.
2. The two central players should have a soccer ball each.

Drill Instructions:

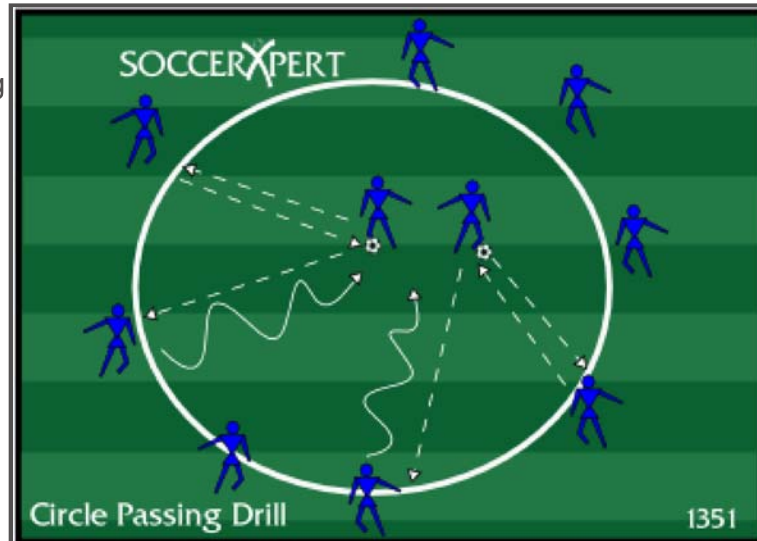
1. The central players begin the drill at the same time by passing to outside players on the opposite sides of the circle.
2. The outside player returns the pass back to the central player who maintains his central positioning.
3. The central player then immediately plays to the player to the left or right of the initial player he passed to.
4. As this second outside player receives the pass he now switches roles with the central player and looks to continue the same pattern on the opposite side of the grid.
5. Leave it up to the players to decide whether to play to the left or right side of the outside player based on whether the player is being used by the other central player.
6. Players must play with their heads up scanning the field and communicating so that two balls do not get played to the same player.

Drill Coaching Points:

- Good crisp passes with good pace on them - not too soft or too strong.
- Heads up scanning the field to find the open players
- Play with speed. Start slow and once they figure it out, ramp it up.
- Make sure central players maintain the central position until switching with the outside player in order to play facing the ball. If they get in too tight there will not be much time to play the ball.
- Allow the kids to be creative with their combination play.

Drill Variations

- Change it up and do other passing combinations. Be creative.



Titled: [Circle Passing Combination Drill](#)

Tagged: [Circle Passing Combination Drill](#)

URL: <http://www.soccerxpert.com/soccerdrills/circle-passing-combination-drill.aspx>

Quick Transition Game

soccer support, soccer transition

Published 10/13/2007 1:36:45 PM

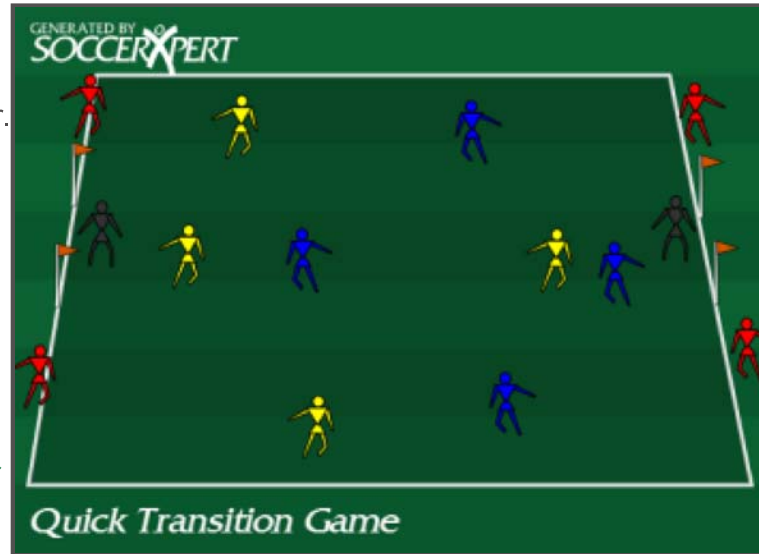
Author: [Chris Johnson](#)

Drill Objective:

This soccer drill is a great way to focus on attacking and defending and is great for teaching the basic principals of soccer. The game can be modified to teach many aspects of the game.

Drill Setup:

create a 35X45 yard field with two goals in either end with two goalkeeper in each goal. Split up the team into 3 teams of 4 players and give each team a color (Blue, Red, & Yellow).



Drill Instructions:

To start, have the Yellow team attack against Blue team and the Red players start with two players at each of the two goals acting as neutral supporting players to both colors playing. If the Yellow team scores on the Blue team, the Yellow team has to quickly retrieve the ball from the goal and attack the goal on the opposite end-line. The Blue team steps off to become the supporting players along the outside while the Red team steps on the field to play against the Yellow team. Continue to rotate off the team getting scored on with the supporting team. The first team to 5 goals wins.

Drill Coaching Points:

- Focus on basic Defending Principals.
- Focus on basic Attacking principals.
- Encourage players to play thorough the supporting players to make play easier.
- Make sure supporting players are moving to good space/angles to properly support the play.

Drill Variations

- Make supporting players play in 1 touch.
- Make the attackers have to play through the supporting players before they can score a goal

Titled: [Quick Transition Game](#)

Tagged: [soccer support, soccer transition](#)

URL: <http://www.soccerxpert.com/soccerdrills/id1272.aspx>

1v1 Dribble Attack with Shot

1v1, dribble, attack, shot, dribbling, shooting, drill

Published 8/31/2011 12:29:18 PM

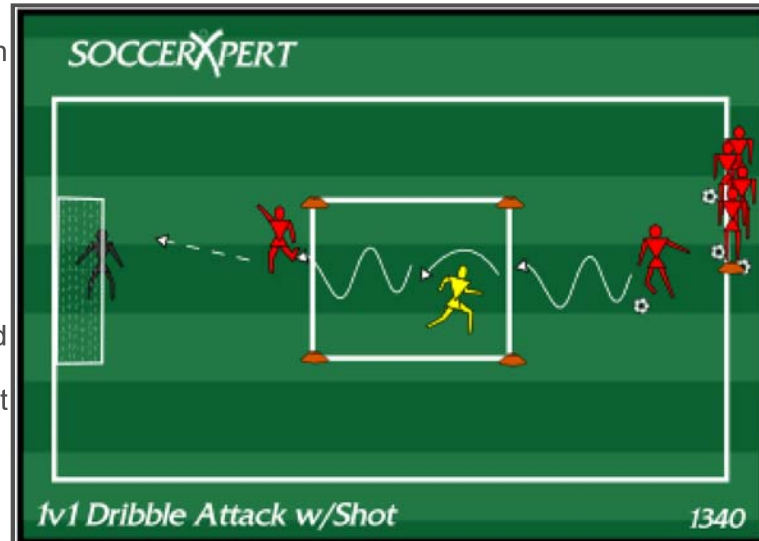
Author:

Drill Objective:

The purpose of this 1v1 drill is to focus on dribbling to beat a defender and finishing with a shot. This drill can also be used to focus on defensive players defending the dribble.

Drill Setup:

1. Create a 15X15 yard grid about 18 yards from goal.
2. Place a goalkeeper in the goal, and a defender inside the grid.
3. The rest of the team should start at a cone placed about 15 yards from the grid.
4. Each player in line should have their own ball.



Drill Instructions:

1. The first player in line dribbles into the grid, attempts to beat the defensive player, and dribble out the other end of the grid.
2. If he successfully dribbles through the grid and out the other end the attacking player can finish with a shot on goal.
3. If the ball is won by the defensive player, or dribbled out either of the sides of the grid, the attacker quickly becomes defender.
4. The next player in line can go immediately after a shot on goal is taken or the defensive player has won the ball.

Drill Coaching Points:

Head up for awareness. Players should always be scanning the field while carrying the ball while glancing down at the ball through the bottom of your eyes. Players must be aware of opponents, teammates, and space.

Ability to hold the ball close. Players should be able to keep close control of the ball in order to quickly change directions, move the ball away from a defender.

Balance. It is important for the dribbler to have a low center of gravity with knees bent and chest and head over the ball. This will help players start, stop, accelerate and change direction.

Change of pace and direction. The player should be able to cut and turn the ball quickly to avoid tackles or to exploit space.

Feints and moves. Players must be able to sell a move with body movements in order to throw the opponent off balance while moving the ball in an attacking position.

Confidence. Players must be willing to attempt to beat an opponent. Player's confidence is important around the penalty box.

Creativity. Creativity is the ability for players to solve different situations with the correct move or combination of moves. This is best taught in a 1v1 game which relies a lot on the individual player's

skill to beat his opponent. A player's creativity is often increased with more confidence with the ball.

Drill Variations

1. Make the grid bigger to make it easier for the attackers and more difficult for the defenders.
2. Make the grid smaller to make it more difficult for the attackers and easier for the defenders.
3. Add a second defender and make the grid slightly larger.
4. Move the grid farther from goal and encourage a longer shot.

Titled: 1v1 Dribble Attack with Shot

Tagged: 1v1, dribble, attack, shot, dribbling, shooting, drill

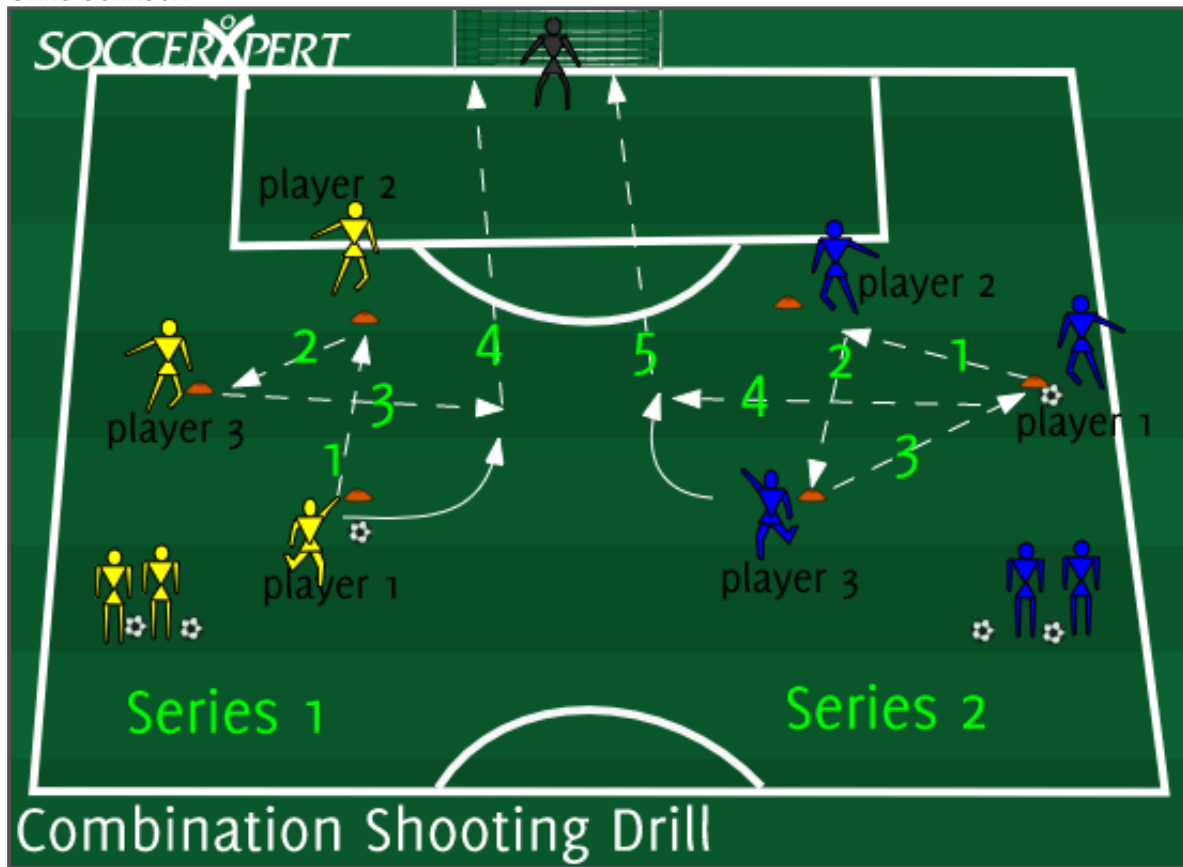
URL: <http://www.soccerxpert.com/soccerdrills/1v1-dribble-attack-shot.aspx>

Combination Shooting Drills

Published 4/13/2013 10:39:17 PM

Author: Chris Johnson

Drill



Objective:

This is a shooting drill that focuses on combination play and building up for a shot on goal. There are multiple combination ideas to progressively make the shooting drill more difficult.

Drill Setup:

1. Create two fairly small triangles about 15 yards from each other and approximately 5 yards outside the penalty box. You can adjust the distance from the goal based on the age and skill level of your players.
2. Place a player on each cone with the remaining players lined up outside of the triangle area.
3. You will only need a large supplies of balls per triangle.

Drill Instructions:

COMBINATION SERIES 1

1. Player 1 starts the first series by passing to player 2.
2. Player 2 passes to player 3.
3. Player 3 lays a ball into space near the top of the penalty box where player 1 can hit a first time shot on goal.

COMBINATION SERIES 2

1. Player 1 passes to player 2.

2. Player 2 then passes to player 3.
3. Player 3 returns the ball to player 1.
4. Player 1 lays off a ball into space for player 3 to hit a first time shot on goal.

Drill Coaching Points:

Coaches, focus on the following:

1. Good passing combination to feet while playing in 1 touch.
2. Good fluid movement keeping the body under control
3. Finishing with a shot on target.
4. Focus on body mechanics when striking the shot.

Drill Variations

- Switch sides the players shoot so players are shooting left and right footed.
- Be creative and make up other combinations as they are limitless.

Titled: Combination Shooting Drills

Tagged: Combination Shooting Drills

URL: <http://www.soccerxpert.com/soccerdrills/Combination-shooting-drills.aspx>

Split the Defenders Passing Game

soccer passing drill, passing soccer, coaching soccer passing, passing coaching soccer, split passes soccer

Published 6/18/2007 6:41:32 PM

Author: [Chris Johnson](#)

Drill Objective:

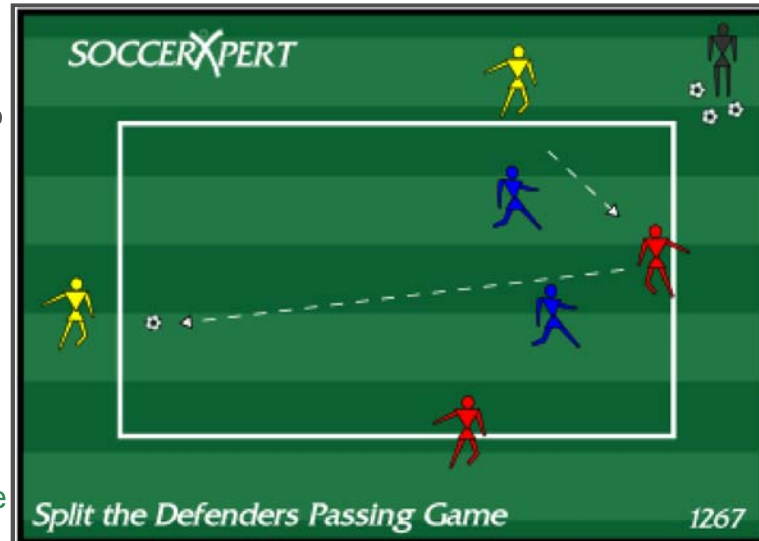
This soccer drill is great for a little more advanced player from 11 years old to 14 years and focuses on passing to split two defenders.

Drill Setup:

Make a grid approximately 18x18 yards. Split team into three teams of two players per grid. Build multiple grids for additional games.

Drill Instructions:

2 teams work together on the outside of the grid while the 2 defenders work on the inside of the grid. The four players on the outside keep possession and keep the ball from the defending team in the grid. The outside team scores a point when the ball is passed between two defenders (SPLIT) and is received by their teammate across the grid.



If a player on the attacking team makes a mistake, he and his partner become the defenders and the team winning the ball comes outside the cones and joins the other attackers.

When the defensive team gets split, they have to win the ball 1 extra time. So for example, say the 2 defenders get split 2 times before winning the ball, they must win the ball 3 times before switching with the attackers.

Drill Coaching Points:

- Make sure the attacking players are moving for their partners and opening up in space.
- Make sure balls are passed with good pace and on target
- Encourage players to communicate verbally and with their body and hands.

Drill Variations

- Limit the number of touches per possession
- Play the same game, but expand the grid 3-5 yards on all sides and have the players play inside the grid instead of outside the grid.

Titled: [Split the Defenders Passing Game](#)

Tagged: [soccer passing drill](#), [passing soccer](#), [coaching soccer passing](#), [passing coaching soccer](#), [split passes soccer](#)

URL: <http://www.soccerxpert.com/soccerdrills/id1267.aspx>

Dribbling warmup

soccer dribbling skills, cutting, turning, movement, juggling

Published 10/18/2008 9:42:02 AM

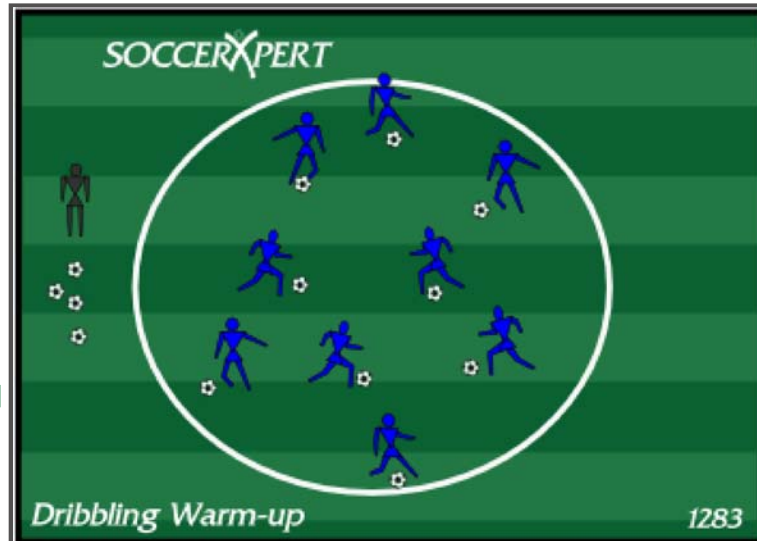
Author: [Chris Johnson](#)

Drill Objective:

This soccer drill is a great warm-up drill that allows players to work on touching the ball with all parts of the foot. If you want to improve players footwork and dribbling skills this is a good start to each practice.

Drill Setup:

Either use the center circle of the field or build you a circle with cones. Each player needs to have a ball and start inside the circle.



Drill Instructions:

1. Have players dribble anyway they want inside the circle as long as they are using both feet for 2 minutes.
2. Have the players juggle for 1 minute using feet only trying to alternate from right to left.
3. Have players dribble with inside and outside of each foot with the following pattern: right foot - inside, outside, inside, outside then switch to left foot inside, outside, inside, outside and continue to switch feet. Do this for 2 minutes.
4. Have players juggle with their thighs and feet for 1 minute. Again instruct players to switch feet while juggling.
5. Have players work on cuts and turns. The players should be instructed to cut the ball quickly and have a short sprint after cutting or turning the ball. Make sure players are exploring with inside and outside of the foot cuts and staying with the ball when they cut. Do this for 2 minutes.
6. Now instruct the players to juggle again. This time juggle with the feet and pop the ball to the chest and back down to the feet. Do this for 1 minute.
7. Now have players turn the pace up a notch and play full speed working on cuts, turns, and avoiding collisions. Push players to work hard for 1 minute straight.

Drill Coaching Points:

- Make sure the player is constantly lifting their head and checking their surroundings. This will help players find space and avoid other players.
- Make sure players keep the ball close to them while in congested areas. This will help them move the ball more quickly to avoid other players and obstructions.
- Encourage players to use all parts of their feet while dribbling (inside, outside, top, bottom).

Drill Variations

N/A

Titled: [Dribbling warmup](#)

Tagged: [soccer dribbling skills](#), [cutting](#), [turning](#), [movement](#), [juggling](#)

URL: <http://www.soccerxpert.com/soccerdrills/id1283.aspx>

World Cup Soccer Drill

World Cup Soccer Drill, World Cup Drills, World Cup, Soccer Drills

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Author: [Chris Johnson](#)

Drill Objective:

The World Cup Soccer Drill is a great shooting game for kids of all ages. The World Cup Soccer Drill is a great game to work on game like situations with number down situations.

Drill Setup:

Inside the penalty box, set up 4 groups of 3 players in alternate jerseys with a goalkeeper in a full size goal. The coach should have the full supply of soccer balls nearby.

Drill Instructions:

The coach should serve a ball into the grid. Each team plays at the same time against the other teams. The team to score sits out for the remainder of that round and advances to the next round. The last team to score in each round is out of the tournament.

Round 1:

3v9

3v6

3v3

last team to score is out.

Round 2:

3v6

3v3

last team to score is out.

Round 3:

3v3

team to score first 2 goals wins the world cup.

Drill Coaching Points:

good team work

quick passes

take shots/chances

have fun

Drill Variations



Titled: World Cup Soccer Drill

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