

LPAA – 8 Week Soccer Program

Week 1 - Dribbling

Week 2 – Dribbling

Week 3 – Dribbling

Week 4 – Passing and Receiving

Week 5 – Passing and Receiving

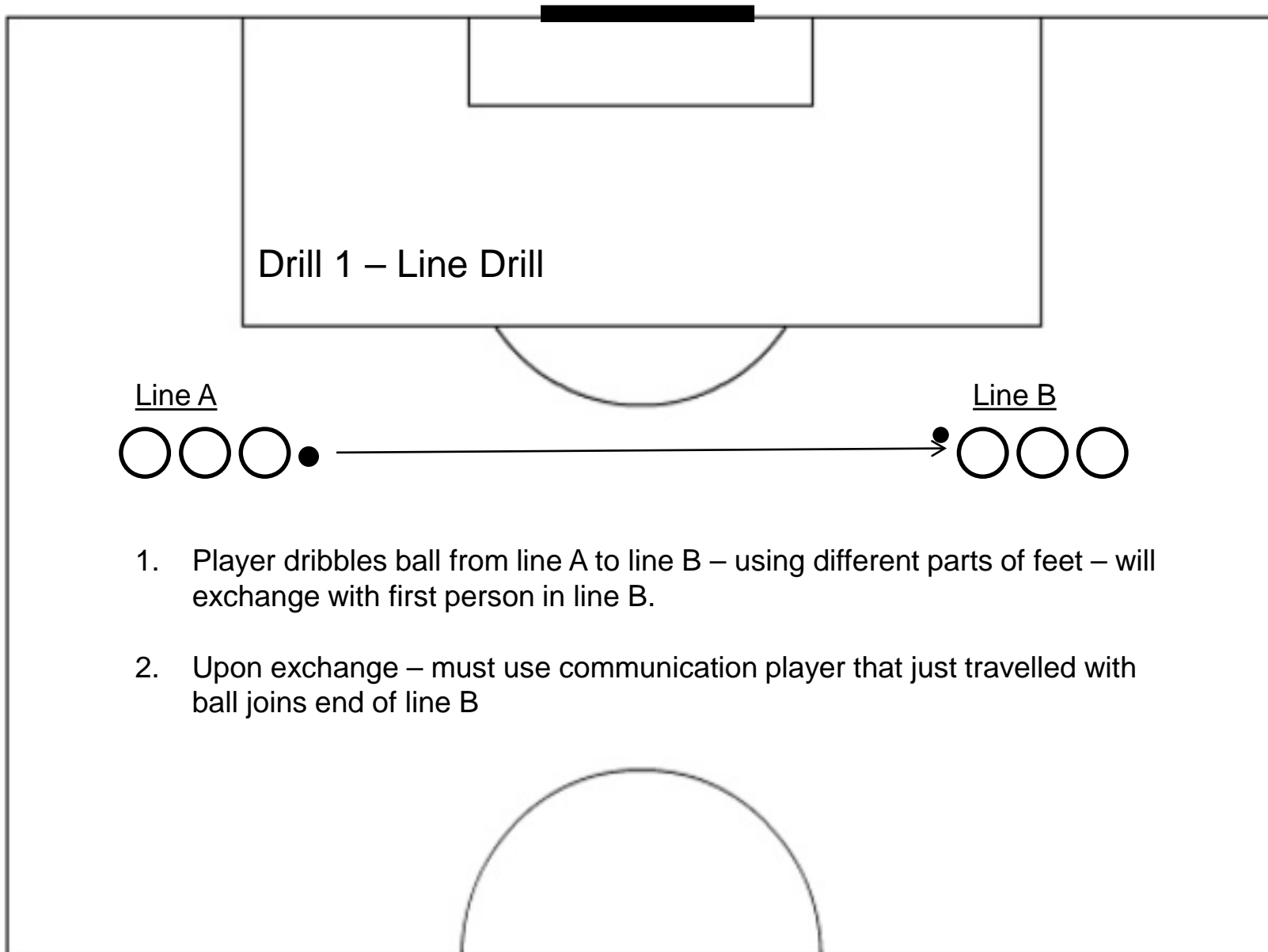
Week 6 - Passing and Receiving

Week 7 – Shooting

Week 8 – Shooting

Dribbling

Week 1 – 3: Dribbling



Drill 1 – Line Drill

Line A



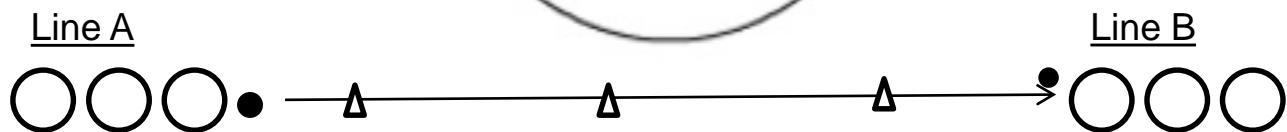
Line B



1. Player dribbles ball from line A to line B – using different parts of feet – will exchange with first person in line B.
2. Upon exchange – must use communication player that just travelled with ball joins end of line B

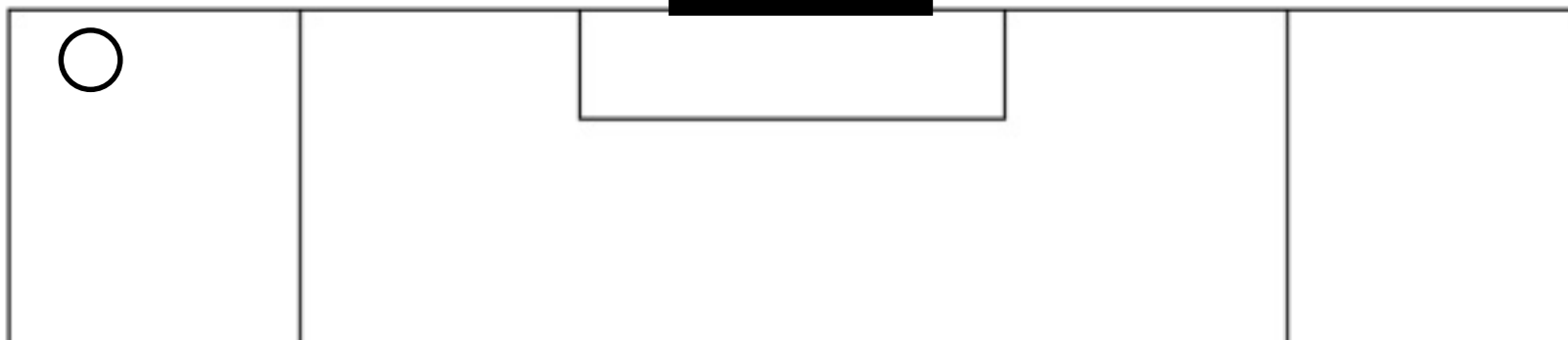
Week 1 – 3: Dribbling

Drill 2 – Line Drill w obstacles



1. Player dribbles ball from line A to line B – player will dribble in and out of cone using different parts of feet – as in previous drill exchanges ball with first person in line B.
2. Upon exchange – must use communication player that just travelled with ball joins end of line B
3. Player from line B repeats pattern back to line A

Week 1 – 3: Dribbling

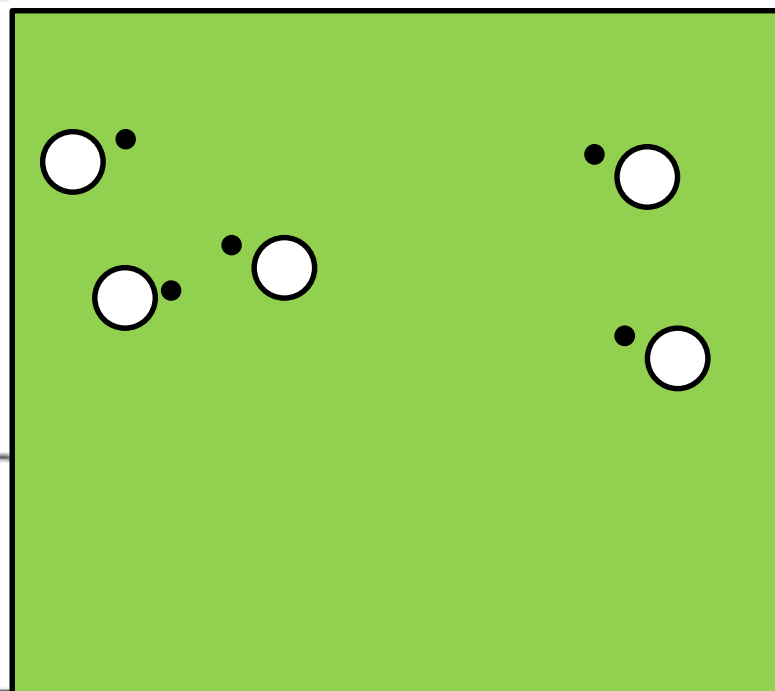


Drill i: players dribble around in marked grid (app. 20 yards by 20 yards) – dribble using inside and outside of feet – using both feet – changing directions – change of speed. Make sure head is up, arms out for balance...

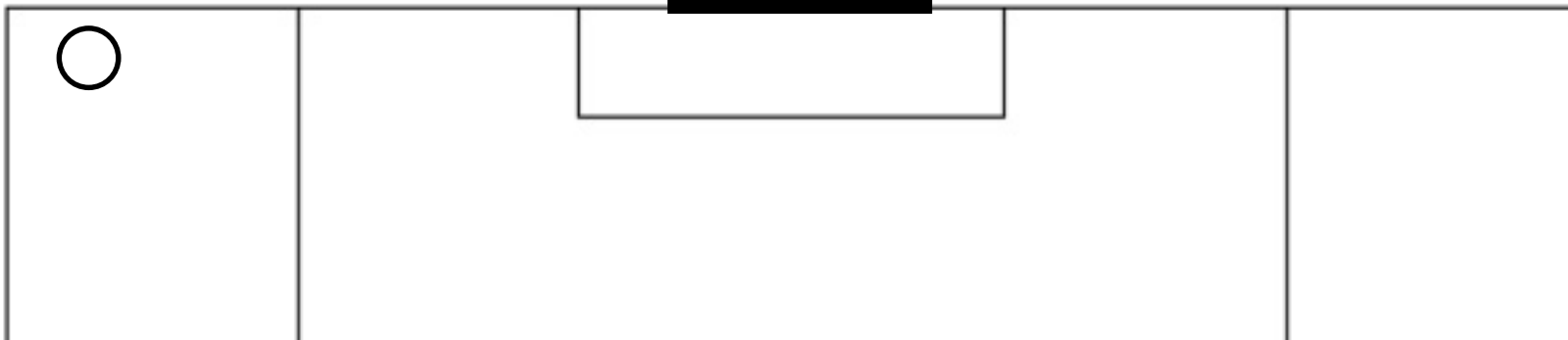
Drill ii: in the grid, have kids dribble the ball, while coach shouts different commands. I.e. **'Switch'** players leave their ball and take someone else's ball and continue to dribble. **'Turn'** – players dribble and change directions on coaches command

Drill iii: on coaches command, players stop ball – run 3-4 yards away from ball – return to ball and continue dribbling in grid

Drill 3 – Working in a grid



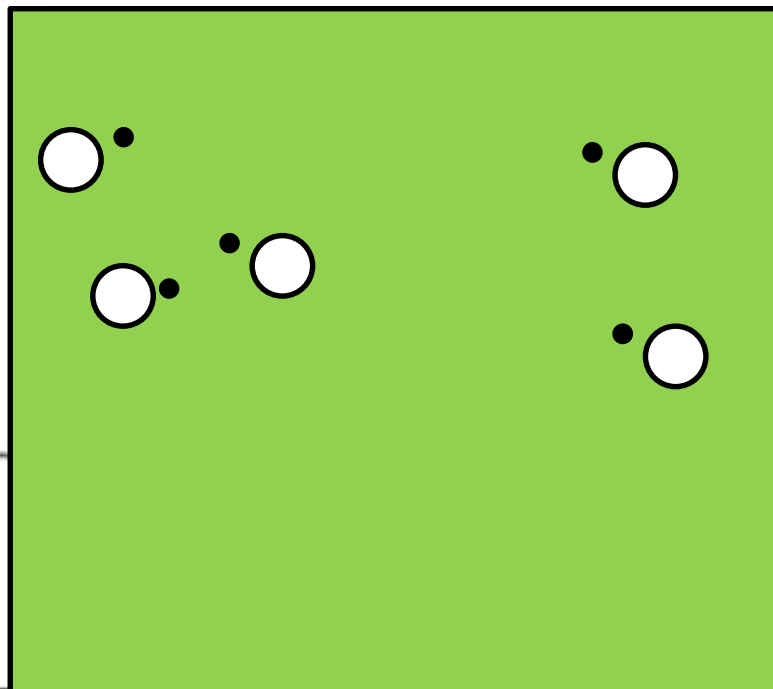
Week 1 – 3: Dribbling



Drill iv: 'Knockout' In this game, players dribble ball while staying in grid. When coach shouts 'game on' players attempt to knock teammates ball out of grid, while protecting their own ball. You can play elimination of player retrieves their ball and re-enters grid to continue playing

Drill v: 'Simon Says' While players are dribbling, coach shouts commands (turn, change direction, stop/start...) can turn this into a game of Simon Says – without elimination to ensure maximum participation

Drill 3 – Working in a grid



Passing & Receiving

Week 4-6 – Passing and Receiving

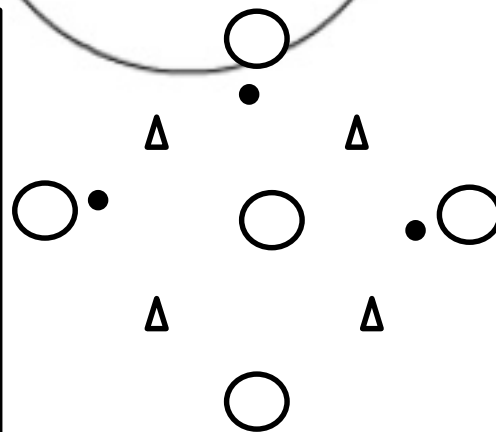
Drill 1 – Find the open man

-Player in the middle is working.

-4 players are on the outside – 3 of those players have a ball while the fourth is the 'open man'

-player in the middle receives the ball from anyone on the outside and must find 'open man' and pass him the ball.

-repeat this process for 30-45 seconds and rotate.



Week 4-6 – Passing and Receiving

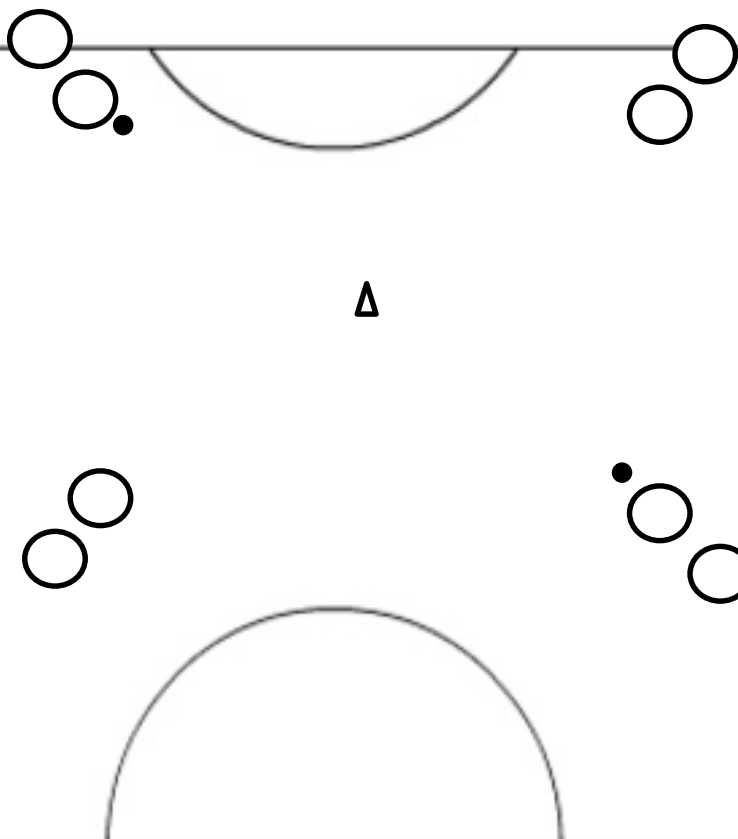
Drill 2 – Dribble and Pass Sequence

-4 lines as seen in diagram – with balls at opposite corners

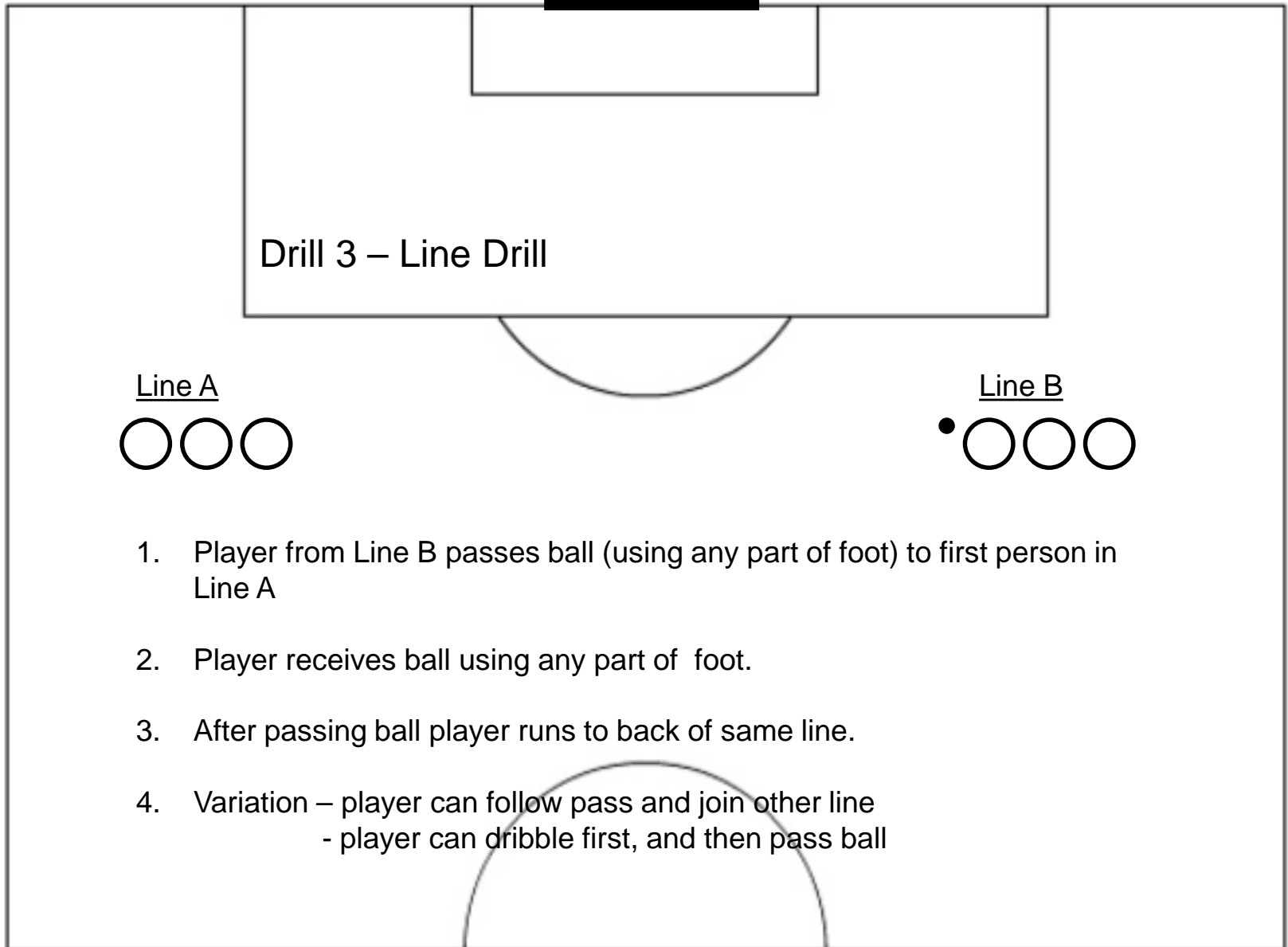
-players dribble ball toward cone in middle of square.

-Once the players reach square – they make a pass to players waiting in line as seen in diagram

-this drill can be modified – have player dribble ball and lay off ball for other player instead of passing ball in.



Week 4-6 – Passing and Receiving



Shooting

Week 7 and 8 - Shooting

Drill 1 – Intro to Shooting

5 – 7 yards

Player A



Player B



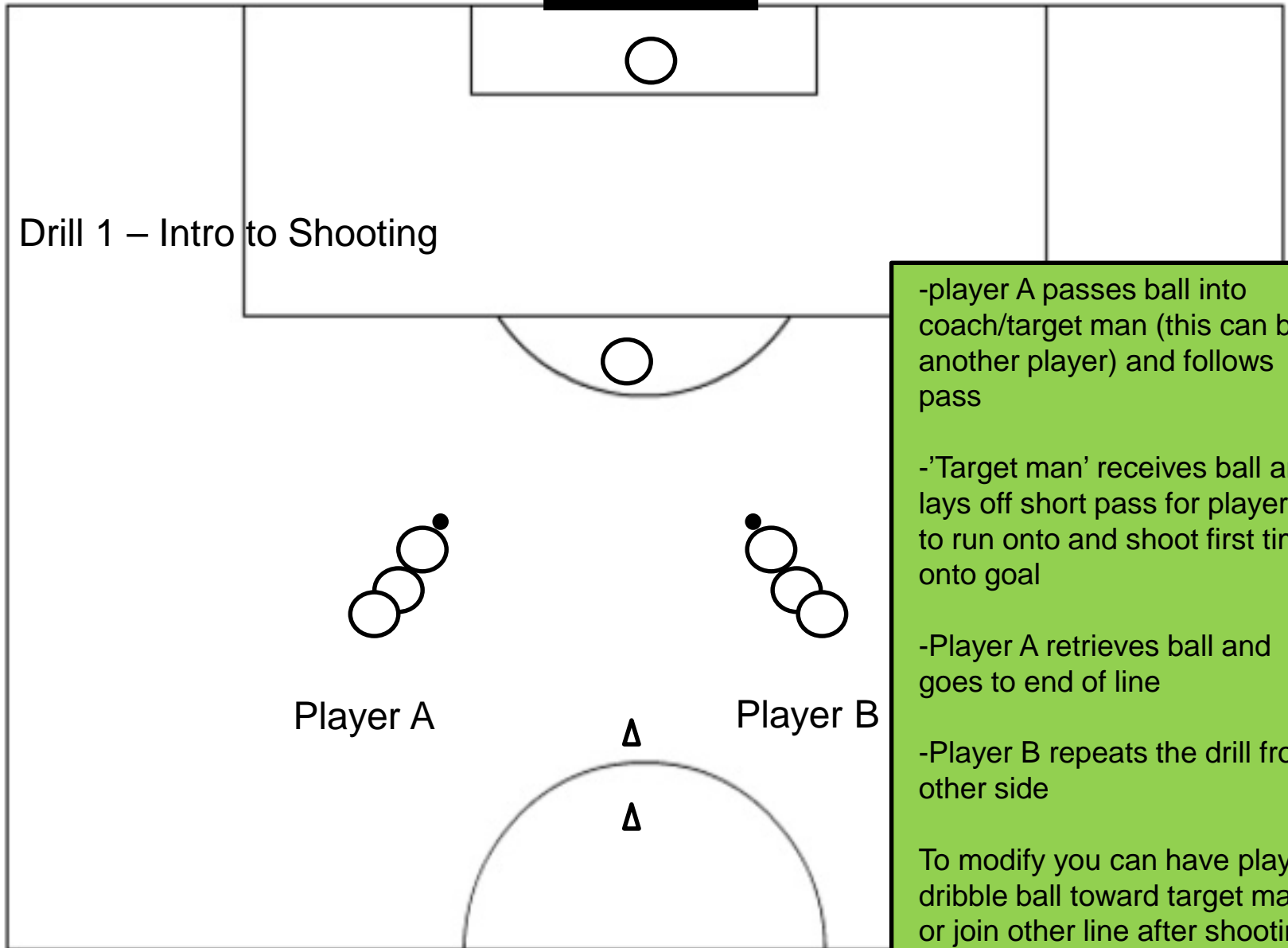
-in pairs - set up a 'mini goal' in front of on player

-player 'A' must shoot ball toward partner and hit it through 'mini goal' – player B to stop ball and return it

-object is to strike ball with 'laces' and not inside of foot – also to strike ball with accuracy by hitting it through mini goal

-switch roles after a minute

Week 7 and 8 - Shooting



-player A passes ball into coach/target man (this can be another player) and follows pass

-'Target man' receives ball and lays off short pass for player A to run onto and shoot first time onto goal

-Player A retrieves ball and goes to end of line

-Player B repeats the drill from other side

To modify you can have player dribble ball toward target man or join other line after shooting

