

Body Parts Warm-up Game

This soccer drill focuses on the younger player's dribbling skills and the ability to think quick on their feet while holding the ball close.

Drill Info:

This is for ages U6, U8. It is best ran with at least 2 players but no more than 18 players. The drill should be run approximately 15 minutes on a small field. The coach will also make sure they have the following equipment: cones.

Setup:

Create a grid about 15X15 yards. All the players should be inside the grid with a ball of their own.

Instructions:

The coach shouts a part of the body that the player uses to stop the ball. For example right foot, left foot, knee, right elbow, etc. Try yelling "nose" to get their attention.



Variations:

none

Coaching Points:

- * Encourage players to constantly move and zig-zag while dribbling.
- * Keep Close possession.
- * Head up to avoid collisions.

Focus:

Technical Dribbling

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