



SOCCER INSTRUCTION



STRETCHING

1. Stand & touch your toes
2. Stand with legs apart & touch your toes
3. Stand with legs crossed & touch your toes
4. 1 knee on the ground, 1 leg out & stretch
5. Sitting butterfly stretch
6. Arms overhead and reach back
7. Jumping jacks x10
8. High knees x10 - try to go quickly!

DYNAMIC WARM UP

1. Light jog - down and back x5
2. High knee to opposite elbow, skip a step between
3. Jogging with high knees
4. Jog a little faster! x5

DRIBBLING

Remember to use the inside of your foot, not your toes!

1. Straight down and back x10 - set up cones (or sticks/rocks/water bottles) about 20 feet apart
2. Dribble between cones (or sticks/rocks/water bottles) be sure to look up every time you go past a cone

PASSING

**Remember to use the inside of your foot and call out to who you're passing to.
When the ball comes to you, stop it with the bottom of your foot.**

1. Pass back and forth with a partner
2. Pass against the wall

DRILLS

1. Dribble through cones and then shoot into the goal. Use both feet to dribble and try shooting with either foot!
2. With a partner - both run towards the goal and player 1 passes to player 2, then player 2 shoots! Don't forget to switch who passes and who shoots.
3. With a partner - both run towards the goal and pass the ball back and forth a couple of times, then one player shoots. Add a 3rd player (or even a chair) to defend the goal!

CHALLENGES

1. Dribble straight down and back from one cone to the other as many as you can in TWO minutes.
2. Dribble between cones, down and back as many as you can in TWO minutes.
3. Challenge someone to play defense for a one-on-one scrimmage!