

These pages are loaded with Soccer Drills you can use for your practices. They are divided by category, however many of the drills work multiple skills. Enjoy!

General Thoughts:

1. Keep it fun!
2. Keep it moving!
3. Each of these drills can have many variations.
4. For K groups you can take simple party games and modify with a soccer ball.
5. Keep it fun!

Ball Handling

Dribbling

Passing

Shooting

Defense

Game Play/Concepts

Goal Keeping

Kindergarten You may be able to do some of these with 1st/2nd grade. Almost any kid's party game can be made into a soccer drill! Be creative. This age group needs to work on basic coordination and movement, so as long as their moving and having fun, you're doing great!

Links to other sites with practice drills

Acknowledgements

There are over 120 drills in these pages. About a third of them are from Jeff Pill's "Pill's Drills", www.eteamz.com/soccer/pills/jpill.htm . These are labeled with JP. About one quarter come from my practices. The rest have the coaches name and url listed with the drill.

<bc@bjb.org>