

# 2019 Soccer Season—Session Drills

U9 to U12

*These drills are guidelines to help you plan and engage your team at practice. Your team will remain at each station for approximately 10 minutes.*

## Ball to Body Contact

- Have players assemble into pairs with one ball between them
- One player lobs the ball to their partner
- The role of the other player is to control the ball using their body, legs and feet and remembering not to touch the ball with their hands
- Players who touch the ball with their hands can do jumping jacks or donkey kicks as a penalty
- To spark an interest, have players try to direct the ball back to their teammate and avoid having the ball touch the ground

## The Stakes are High—Race for the Ball

- Players will form into two groups or teams behind each cone.
- On your call, the two players at the front of the line will begin. You will say “turn, turn, turn” and the players will jump from facing forwards to facing backwards each time the “turn” command is given.
- When you say “go” the players will race around the marker stick and return to the back of the line.
- Once they are comfortable with the game you can add in a ball, either by having the players dribble the ball as they run or by passing a ball in to first player to run around the stake.

## Scrimmage

- Divide your team into four groups. Each team has a net they are to defend and they can attempt to score on the other three nets.
- Near the end of the game, you can play elimination by flipping nets down as they have been scored on.

## Quick Feet

- Using the available equipment, encourage the team to jump over the hurdles in different ways (for example side shuffle, single leg hops, etc.)
- The focus is on agility and moving the feet

## 1) Shooting Station - Numbers Game

- Have the players lie on their stomachs about 10 to 12 meters from the net. Give them each a number (1,2,3, etc.)
- With yourself, or a willing player, in the net call out two numbers and have the players get up off their stomachs and compete for the ball.
- The first player to arrive at the ball will be offender and the other will be the defender
- If many players are present, try calling multiple numbers to keep more players engaged. For example number 1 and 4 are partners and number 3 and 5 are partners.