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Advanced

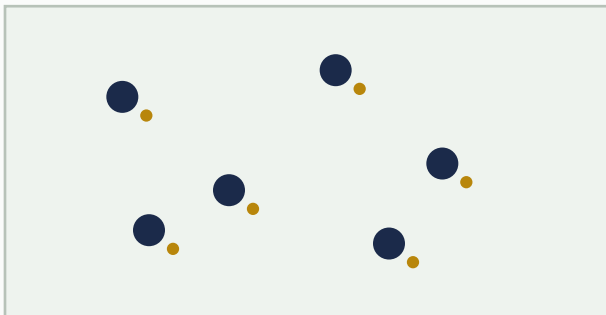
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Freeze Dribble

AGES: U4-U8

LEVEL: Foundational

CATEGORY: Ball Mastery



SETUP

20x20 yd grid, 1 ball per player.

HOW TO RUN IT

Players dribble freely inside the grid. On coach's whistle/call, freeze with a foot on the ball. Vary with 'red light/green light' or music.

COACHING POINTS

Ball close on the stop; heads up when moving.

PROGRESSION

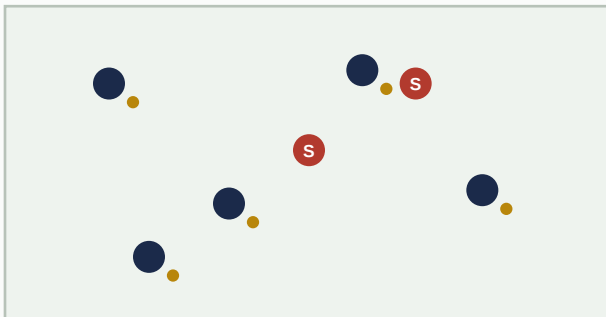
Add turns on freeze, or have players find a new grid corner each time.

Sharks and Minnows

AGES: U4-U6

LEVEL: Foundational

CATEGORY: Ball Mastery / 1v1



SETUP

Open grid, 1 ball per 'minnow', 1-2 'sharks' without a ball.

HOW TO RUN IT

Sharks try to kick balls out of the grid; minnows protect their ball while dribbling.

COACHING POINTS

Shield with your body, keep the ball close.

PROGRESSION

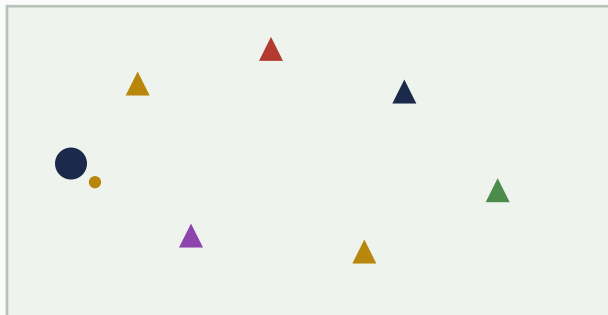
Minnow who loses their ball becomes a shark.

Color Call Dribbling

AGES: U4-U6

LEVEL: Foundational

CATEGORY: Ball Mastery



SETUP

Grid scattered with 4-5 colors of cones, 1 ball per player.

HOW TO RUN IT

Players dribble freely. Coach calls a color and everyone races to touch that color cone with their foot while keeping close control.

COACHING POINTS

Reward good control on arrival, not just speed.

PROGRESSION

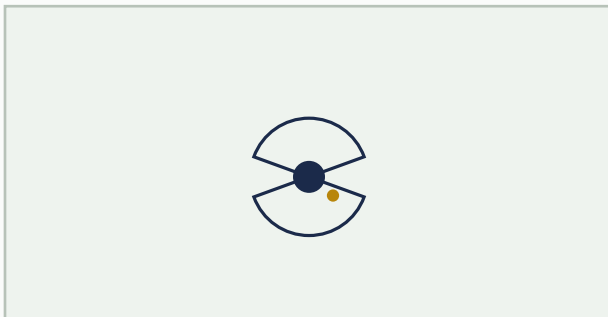
Call two colors in a row, or swap to numbers or shapes for variety.

Toe Taps & Juggling Starter

AGES: U4-U6

LEVEL: Foundational

CATEGORY: Ball Mastery



SETUP

No grid needed — 1 ball per player, any open space.

HOW TO RUN IT

Player rests both hands out for balance and taps the top of the ball alternating feet, then tries dropping it and catching it on the foot/thigh once before it hits the ground.

COACHING POINTS

Small, light taps; it's fine if the ball gets away — just chase it and restart.

PROGRESSION

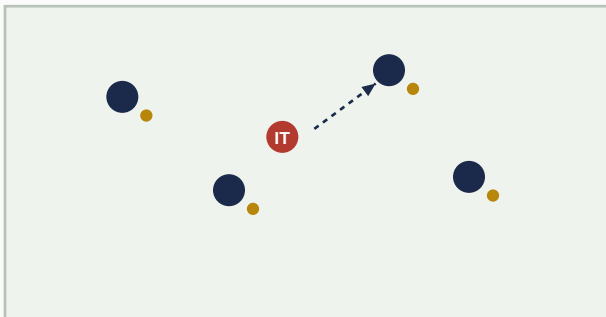
Count taps in a row without losing control; try 2 taps in the air before it drops.

Dribble Tag

AGES: U4-U6

LEVEL: Foundational

CATEGORY: Ball Mastery / 1v1



SETUP

Open grid, 1 ball per player, 1 player starts as 'it' with no ball.

HOW TO RUN IT

Everyone dribbles inside the grid while 'it' tries to tag a player. Tagged player leaves their ball and becomes 'it.'

COACHING POINTS

Keep the ball close so you can change direction fast to avoid being tagged.

PROGRESSION

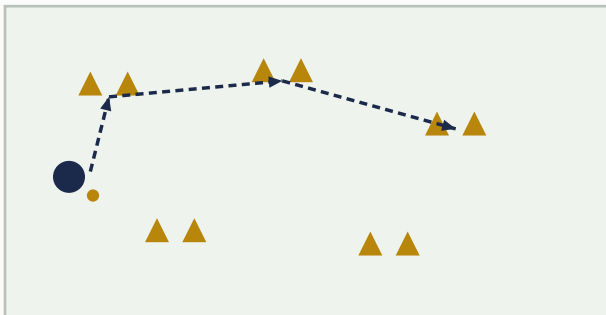
Add a second tagger, or say a tagged player must do 3 jumping jacks before rejoining.

Gate Dribbling

AGES: U4-U10

LEVEL: Foundational

CATEGORY: Ball Mastery / Dribbling



SETUP

8-10 cone gates scattered in a grid, 1 ball per player.

HOW TO RUN IT

Players dribble through as many different gates as possible in a set time.

COACHING POINTS

Change of speed and direction between gates, not just straight lines.

PROGRESSION

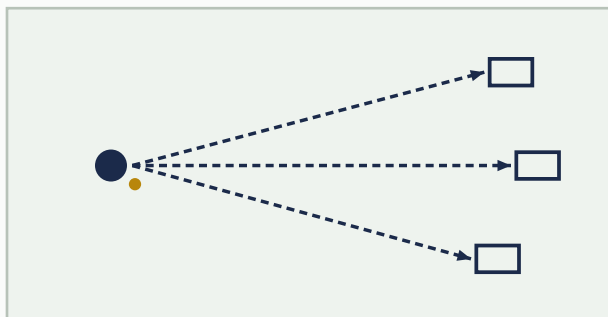
Add a specific move (step-over, scissor) required at each gate.

Shooting Gates

AGES: U4-U10

LEVEL: Foundational

CATEGORY: Shooting



SETUP

3-4 small cone goals at different angles/distances from a central ball pile.

HOW TO RUN IT

Players dribble to any gate and shoot through it, then jog to collect and repeat.

COACHING POINTS

Plant foot beside the ball, follow through at the target.

PROGRESSION

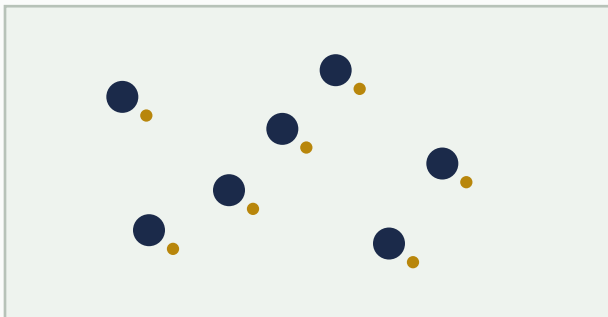
Add a defender or time pressure; require first-time finishes from a serve.

Knockout

AGES: U4-U8

LEVEL: Foundational

CATEGORY: Ball Mastery / 1v1



SETUP

Open grid, 1 ball per player.

HOW TO RUN IT

Everyone dribbles inside the grid and tries to kick other players' balls out while protecting their own. If your ball leaves the grid, do 5 toe-taps and jump back in.

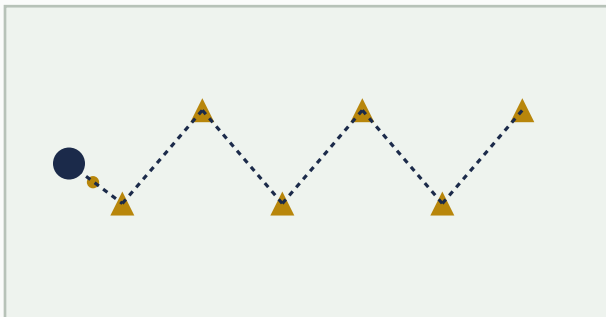
COACHING POINTS

Shield the ball with your body; keep your head up to see who's coming.

PROGRESSION

Shrink the grid as the round goes on, or play in teams of protectors vs. hunters.

Cone Weave Relay

AGES: U6-U8**LEVEL:** Foundational**CATEGORY:** Ball Mastery / Fitness

SETUP

2-3 lines of 5-6 cones in a slalom pattern, teams of 3-4 players.

HOW TO RUN IT

First player in each line dribbles through the weave, sprints the ball back, and hands off (tags) the next teammate.

COACHING POINTS

Small touches through the weave, bigger touches on the open sprint back.

PROGRESSION

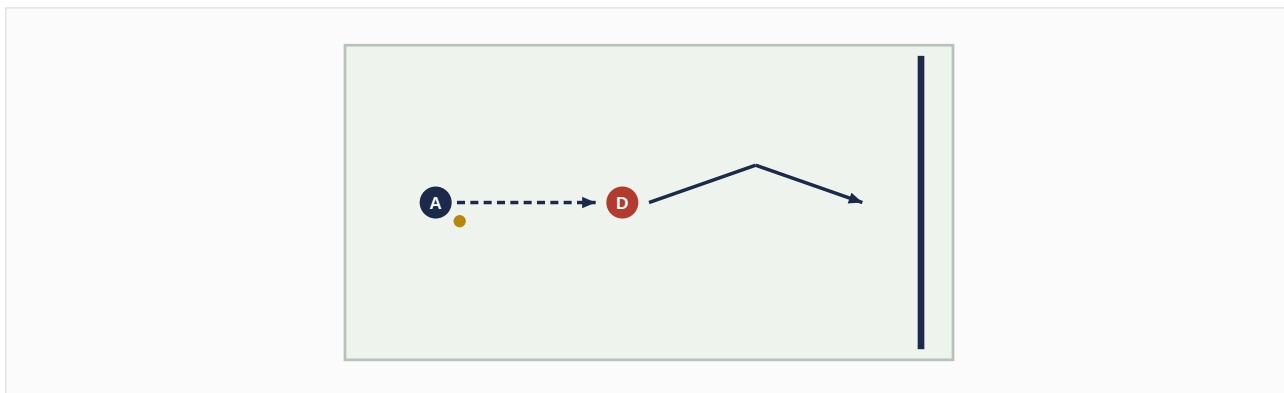
Add a fun forfeit for the losing team, or require a specific move at the last cone.

1v1 to End Line

AGES: U6-U10

LEVEL: Building

CATEGORY: 1v1 Attacking/Defending



SETUP

10x15 yd channel with an end line as the target for each side.

HOW TO RUN IT

Attacker tries to dribble across the opponent's end line; defender tries to win the ball or force it out.

COACHING POINTS

Attacker: change speed near the defender. Defender: stay patient, delay.

PROGRESSION

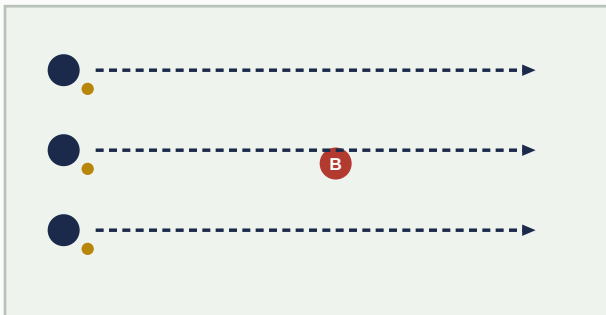
Add a small goal to dribble through instead of an end line.

Bulldog

AGES: U6-U10

LEVEL: Building

CATEGORY: 1v1 / Dribbling



SETUP

Open grid, 1 ball per player, 1-2 'bulldogs' start in the middle without a ball.

HOW TO RUN IT

On 'go,' everyone dribbles from one end of the grid to the other. Bulldogs try to kick balls out. Anyone who loses their ball becomes a bulldog next round.

COACHING POINTS

Change speed and direction to avoid bulldogs; look for gaps before committing.

PROGRESSION

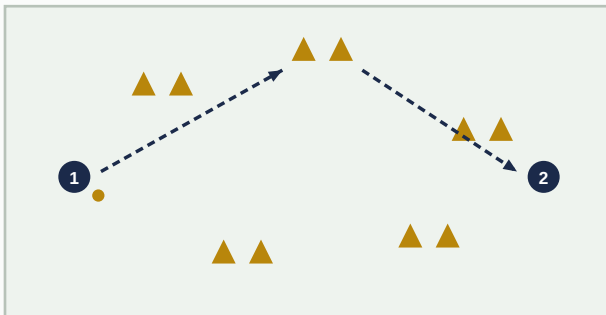
Start with 1 bulldog and add more each round to raise the difficulty.

Passing Gates

AGES: U6-U8

LEVEL: Building

CATEGORY: Passing



SETUP

5-6 cone gates scattered around a grid, pairs with 1 ball per pair.

HOW TO RUN IT

Pairs move around the grid passing to each other through as many different gates as possible.

COACHING POINTS

Communicate before passing; open body shape to see the next gate.

PROGRESSION

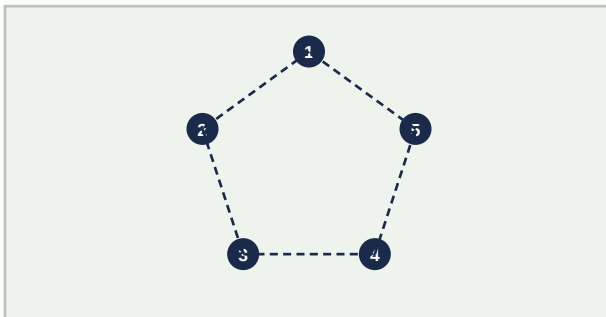
Award a point for each unique gate used, or add a 1-touch passing challenge.

Numbers Passing

AGES: U6-U8

LEVEL: Building

CATEGORY: Passing



SETUP

5-6 players in a circle, each assigned a number, 1 ball.

HOW TO RUN IT

Players pass the ball around while the coach calls a number — that player must sprint into the circle to win the loose ball before it's passed away.

COACHING POINTS

Firm passes along the ground; call your teammate's name before passing to them.

PROGRESSION

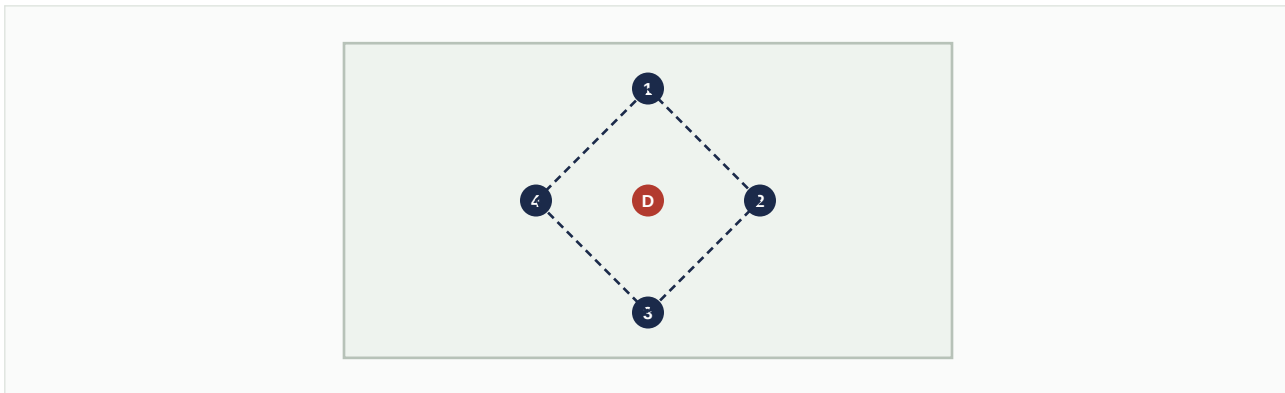
Call two numbers in a row, or add a second ball to the circle.

Rondo (Piggy in the Middle)

AGES: U6-U10

LEVEL: Building

CATEGORY: Passing / Possession



SETUP

Small grid, 4-6 possession players + 1-2 defenders in the middle.

HOW TO RUN IT

Possession team keeps the ball away from the defender(s) using one or two touches.

COACHING POINTS

Open body shape, quick decisions, communicate before receiving.

PROGRESSION

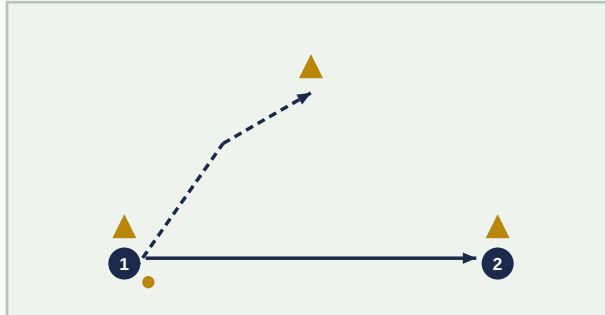
Reduce touches allowed, add a second defender, shrink the grid.

Give-and-Go Triangles

AGES: U8-U10

LEVEL: Building

CATEGORY: Combination Play



SETUP

3 cones forming a triangle, 3 players, 1 ball.

HOW TO RUN IT

Player passes and immediately runs to the next cone to receive a return pass.

COACHING POINTS

Pass and move immediately — don't admire the pass.

PROGRESSION

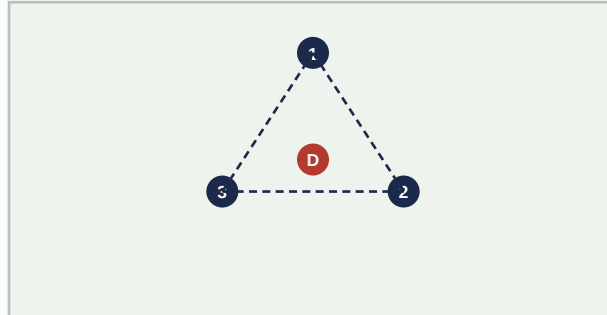
Add a passive defender to press the timing.

3v1 / 4v1 Keep-Away

AGES: U6-U8

LEVEL: Building

CATEGORY: Possession



SETUP

15x15 yd grid, 3-4 attackers vs. 1 defender.

HOW TO RUN IT

Attackers keep possession using width and support angles; defender tries to intercept.

COACHING POINTS

Support at an angle, not directly behind the ball carrier.

PROGRESSION

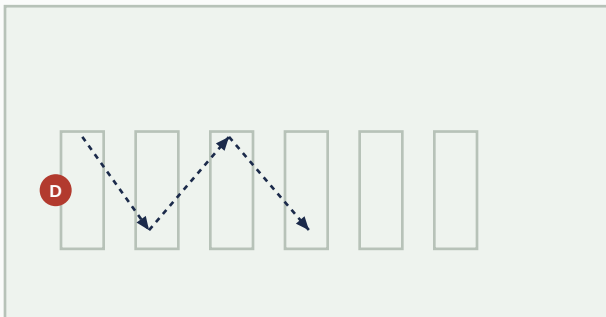
Add a second defender or reduce grid size.

Jockey & Delay Footwork

AGES: U8-U10

LEVEL: Building

CATEGORY: Defending



SETUP

Cones or ladder in a line, no ball needed.

HOW TO RUN IT

Players practice low, balanced side-shuffle footwork mimicking staying goal-side of an attacker.

COACHING POINTS

Small controlled steps, stay low, don't cross feet.

PROGRESSION

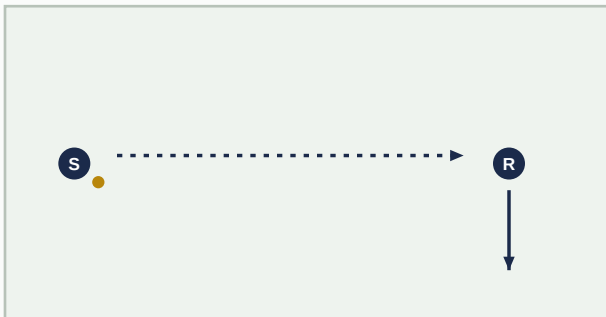
Add a live attacker with a ball for controlled 1v1 delaying reps.

First-Touch Reaction

AGES: U8-U10

LEVEL: Building

CATEGORY: First Touch



SETUP

Server with a supply of balls, receiver 8-10 yards away.

HOW TO RUN IT

Server plays balls at random heights and directions (rolled, bounced, tossed); receiver controls with the right surface and dribbles away under control.

COACHING POINTS

Choose the surface before the ball arrives; first touch should set up the next action.

PROGRESSION

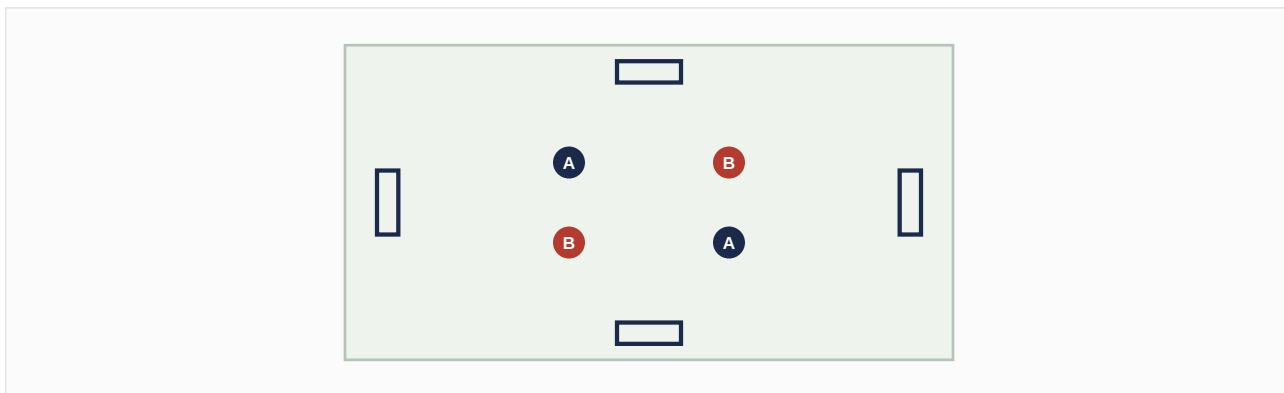
Add a passive defender closing down as the ball travels.

2v2 to Four Goals

AGES: U8-U10

LEVEL: Building

CATEGORY: Possession / Decision-Making



SETUP

20x20 yd grid with a small goal on each of the four sides.

HOW TO RUN IT

Two vs. two; either team can score on any of the four goals, which rewards switching the point of attack when one side is closed off.

COACHING POINTS

Look for the open goal before forcing a play into a crowded one.

PROGRESSION

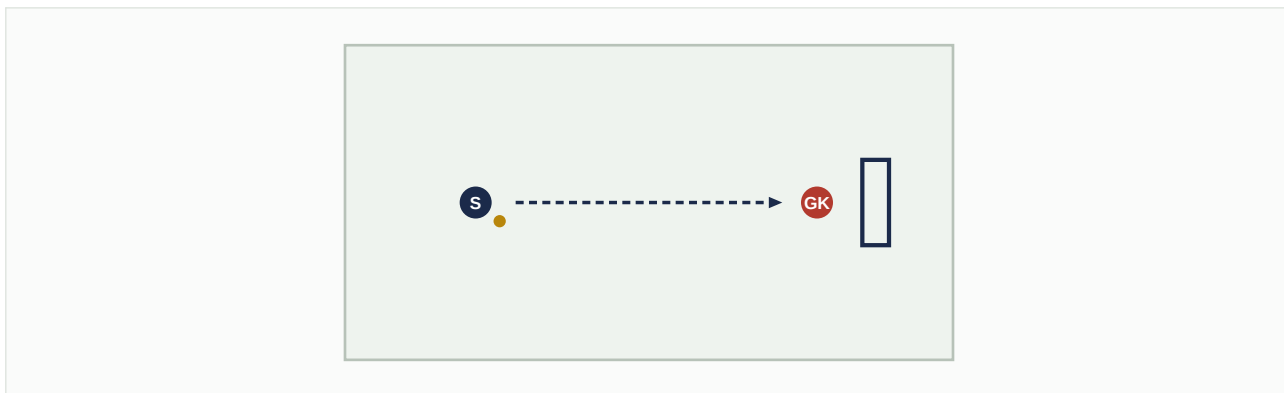
Add a neutral 'joker' player, or restrict scoring to 1-touch finishes.

Goalkeeper Handling Basics

AGES: U8-U10

LEVEL: Building

CATEGORY: Goalkeeping



SETUP

Goalkeeper in front of a small goal, server 6-8 yards away with balls.

HOW TO RUN IT

Server rolls, then progresses to gentle volleys, at the keeper; keeper practices a 'W' hand shape on the catch and cushions the ball into the body.

COACHING POINTS

Hands behind the ball, eyes tracking it all the way into the catch.

PROGRESSION

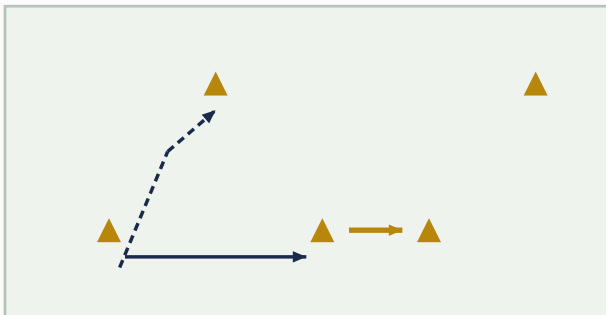
Add low dives to either side once the basic catch is confident.

Wall Pass Circuit

AGES: U8

LEVEL: Building

CATEGORY: Combination Play



SETUP

Two give-and-go triangles set up back to back, forming a simple circuit.

HOW TO RUN IT

Players rotate through both triangles in sequence, playing a wall pass (give-and-go) at each before moving to the next station.

COACHING POINTS

Pass at the right pace so the return pass is easy to run onto.

PROGRESSION

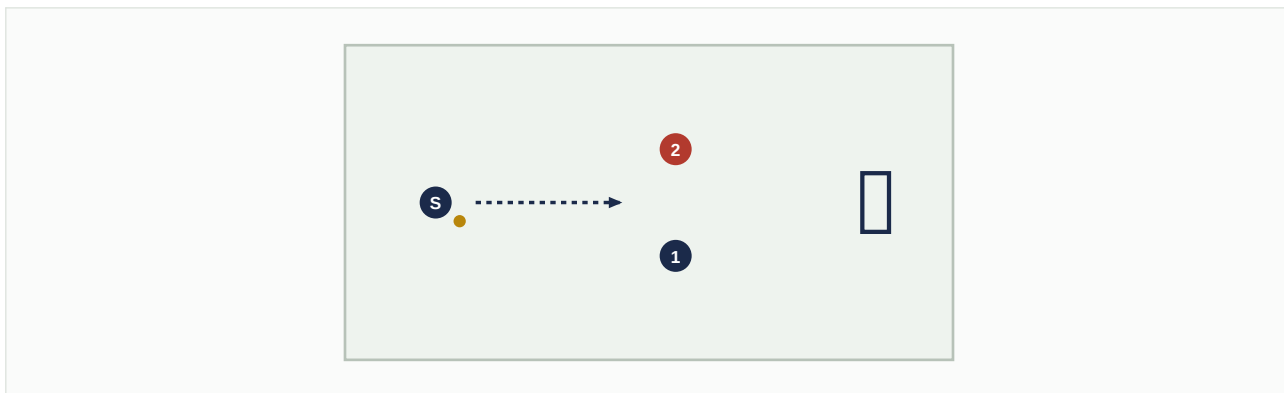
Add a time element — how many clean circuits can the group complete in 3 minutes?

1v1 Rapid Fire

AGES: U8-U10

LEVEL: Building

CATEGORY: 1v1 Attacking/Defending



SETUP

Small grid with a mini goal, server with a supply of balls, 2 players.

HOW TO RUN IT

Server plays a ball in for the two players to duel for; whoever wins it attacks the mini goal, the other defends. Reset quickly and go again.

COACHING POINTS

First to the ball sets the tone — sprint to win the race, then settle into control.

PROGRESSION

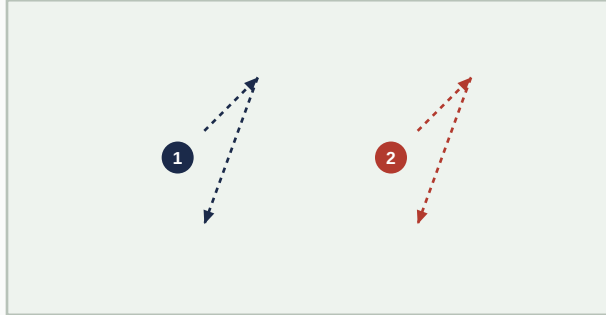
Add a neutral 3rd player who joins the attacking team once the ball is won.

Shadow Defending

AGES: U8-U10

LEVEL: Building

CATEGORY: Defending



SETUP

Open space, pairs facing each other about 2 yards apart, no ball.

HOW TO RUN IT

One player leads with quick lateral, forward, and backward movements; the partner mirrors them like a shadow, staying low and balanced.

COACHING POINTS

Stay on the balls of your feet; don't cross your feet when moving sideways.

PROGRESSION

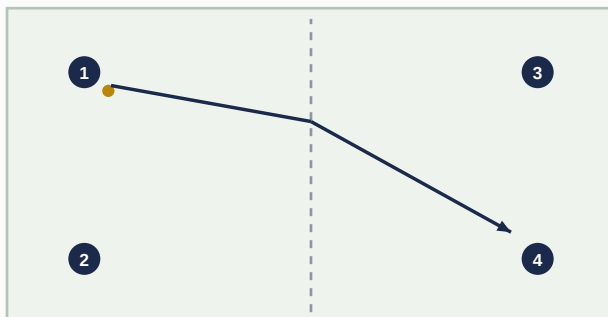
Add a ball for the leader to dribble while the shadow practices jockeying distance.

Switch the Point Possession

AGES: U10

LEVEL: Advanced

CATEGORY: Possession / Tactics



SETUP

Wide grid with target zones or players on each end line.

HOW TO RUN IT

Team in possession looks to switch the ball from one side of the grid to the other to escape pressure.

COACHING POINTS

Scan before receiving; a good switch beats forcing a pass forward.

PROGRESSION

Add a time limit per side before a switch is required.

Crossing & Finishing

AGES: U10

LEVEL: Advanced

CATEGORY: Shooting



SETUP

Wide channel to the byline, 1 target goal (with or without a keeper), a supply of balls.

HOW TO RUN IT

Wide player dribbles or receives out wide and delivers a cross into the box; a striker times a run to finish.

COACHING POINTS

Crosser: look up before delivering. Striker: attack the ball, don't wait for it.

PROGRESSION

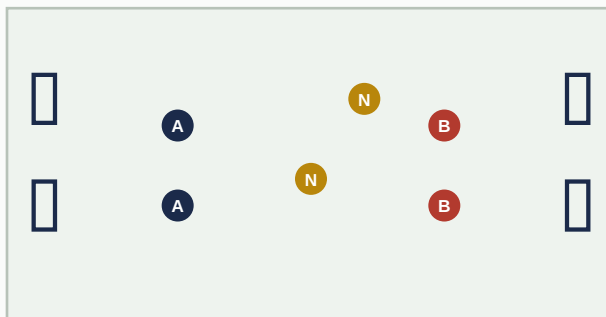
Add a trailing defender for the striker to lose, or require a first-time finish.

Transition Game

AGES: U10

LEVEL: Advanced

CATEGORY: Transition / Tactics



SETUP

30x25 yd grid, 3v3 plus 2 neutral players who always play for whichever team has the ball, 4 small goals (2 per team).

HOW TO RUN IT

Normal small-sided rules, but the instant possession changes, the team that lost the ball must sprint to recover positions before the new attacking team can score.

COACHING POINTS

React immediately to losing the ball — the first 3 seconds after a turnover matter most.

PROGRESSION

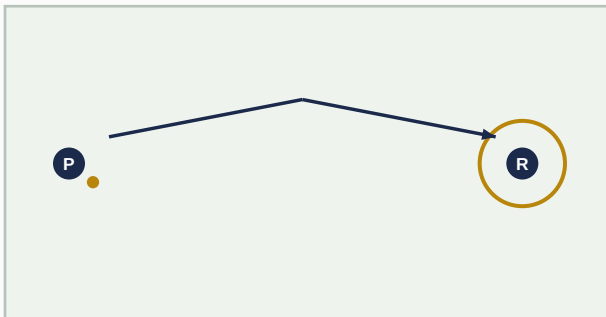
Require one completed pass before shooting after winning the ball back.

Long Pass Target Practice

AGES: U10

LEVEL: Advanced

CATEGORY: Passing



SETUP

40+ yard channel, passer at one end, a target zone (cones or a hoop) at the other, a receiving player in the target zone.

HOW TO RUN IT

Passer strikes a driven or lofted long ball into the target zone for the receiver to control.

COACHING POINTS

Lock the ankle and follow through toward the target; receiver checks their shoulder early.

PROGRESSION

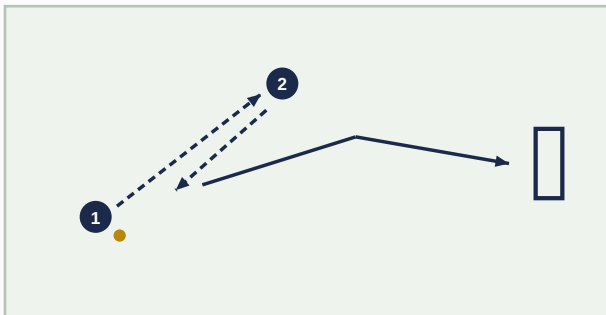
Add a time limit for the receiver to control and pass back, or score based on accuracy zones.

Finishing Combos (1-2 to Finish)

AGES: U10

LEVEL: Advanced

CATEGORY: Shooting



SETUP

Just outside the box: 2 attackers, 1 ball, 1 goal (with or without a keeper).

HOW TO RUN IT

Player 1 passes to Player 2, who lays it back first-time (the '1-2'); Player 1 runs onto the return pass and finishes on goal.

COACHING POINTS

The lay-off should be firm and into the runner's path, not back to their feet.

PROGRESSION

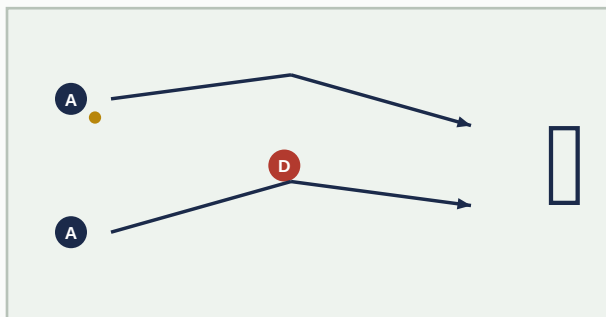
Add a recovering defender to add pressure to the finish.

Fast Break 2v1

AGES: U10

LEVEL: Advanced

CATEGORY: Transition / Tactics



SETUP

Half-field channel toward one goal, 2 attackers start with the ball, 1 defender starts goal-side.

HOW TO RUN IT

Attackers combine at speed to break past the lone defender and finish before the defender can recover or force a bad decision.

COACHING POINTS

Attackers: use width, don't run on top of each other. Defender: delay and force a pass rather than committing early.

PROGRESSION

Add a second recovering defender sprinting in from behind to raise the urgency.