



At Home Soccer

Nibley City's *At Home Soccer* plans are a fun and easy to-do training opportunity for the players of Nibley City's Next Step Soccer program. Your child can get a head start on the season with these drills.

Each drill can be run with one parent and one child or as a family. This is a great break from school work and if parents are busy feel free to use another child to help your soccer player. Simply scan the QR code, and or follow the instructions to see how you can run the drill. Each session of drills should take about 15-20 minutes, and can be repeated in any combination to help develop skills.

Get creative by using household objects to replace common soccer items. Laundry baskets, moving boxes or storage containers can be used as soccer goals. Find small objects to use as cones, like plastic bottles, or shoes.

Other ways to make the drills a little more fun are to add themes to the drills. Print out pictures of pirates, minions, etc. to put around the yard, these can be wrapped around 2 liter bottles, on cones, or on goals. Make the drills more fun by adding a celebration move after scoring a goal, or making a funny noise after finishing doing toe taps.



Session 1

Warm Up:

1. Run around the house/backyard 1-4 times with or without the soccer ball.
2. Dynamic Stretching
 - a. Jumping Jacks
 - b. High Knees
 - c. Lunges
 - d. Forward/Backward Arm Circles
 - e. Side Shuffles
 - f. Backpedal
 - g. Frog Jumps



Drill 1: Bell Tap

(Designed to help with foot speed, endurance, and soft touches on the ball)

Spread legs a bit wider than shoulder width apart and place the soccer ball between legs. Quickly pass the ball back and forth between your left and right foot for 30 seconds to 1 minute.

1 Person: Repeat 3-5 times.

Multiple People: Take turns doing the drill.

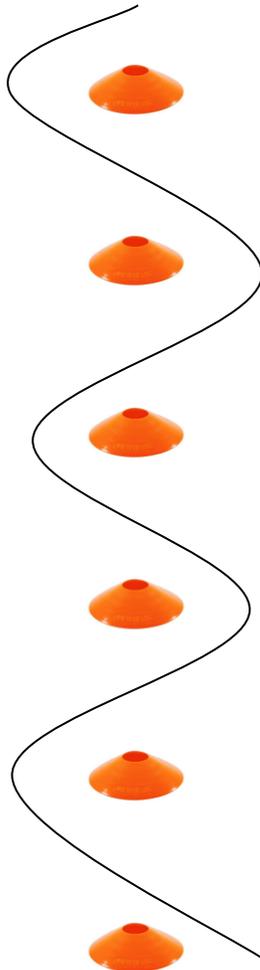
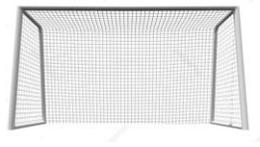


Drill 2: Dribbling

(Designed to help with taking small touches and dribbling around obstacles)

Can be done with 1 person. Take turns if there are multiple people. Repeat 3-5 times.

1. Set 5-8 cones in a straight line. There should be about 3 feet between each cone.
2. Weave in and out through the cones without a ball.
3. Weave in and out through the cones with a ball.
4. (optional): Place a goal at the end of the cones to shoot after dribbling through the cones.

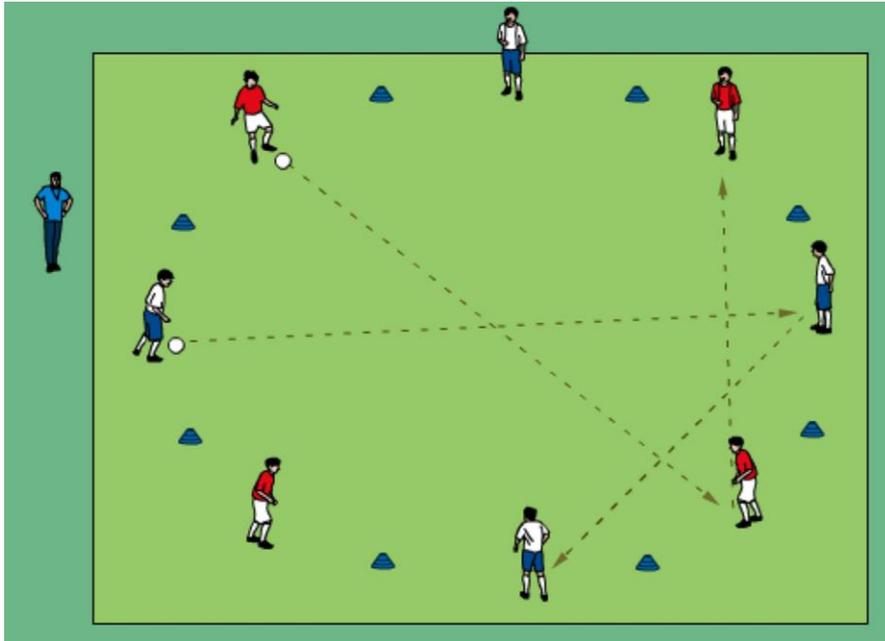


Drill 3: Pass with a Partner [2 touch pass]

(Designed to help with passing accuracy and trapping)

Can be done with 2 or more people. If alone, find a wall to pass off.

Everyone will stand 5-15 feet apart. The first player will have a ball and pass to the second player. The second player will trap (stop) the ball and pass it to another player. Continue passing and trapping for a few minutes.



Drill 4: Simon Says/Coach Says

(Designed to help with listening and any other skill you want to focus on)

Can be done with one or multiple kids.

1. Teach the kids how to play simon says/coach says.
2. Have the kids practice doing things with the soccer ball (you may have to demonstrate).
 - a. Dribble with your right foot
 - b. Dribble with your left foot
 - c. Dribble really fast
 - d. Dribble with the outside of the foot
 - e. Place one foot on the ball
(0:25-1:32)
 - f. Put your tummy on the ball
 - g. Dribble backward
 - h. Kick the ball in the goal



Session 2

Warm Up:

1. Run around the house/backyard 1-4 times with or without the soccer ball.
2. Dynamic Stretching
 - a. Jumping Jacks
 - b. High Knees
 - c. Lunges
 - d. Forward/Backward Arm Circles
 - e. Side Shuffles
 - f. Backpedal
 - g. Frog Jumps



Drill 1: Toe Tap

(Designed to help with foot speed, endurance, and soft touches on the ball)

Directions: Place one foot on top of the ball. Bring that foot back to the ground and quickly place the other foot on top of the ball. Continue alternating feet as quickly as possible. Count how many touches you can get on the ball in 30 or 60 seconds.

Tips: The ball should remain stationary.

You should touch the ball with your toes or the ball of your foot.

1 Person: Repeat 3-5 times and try to beat the number from the previous rounds.

Multiple People: Take turns doing the drill. Count while the other people do the drill. Try to beat your own number, not the other people in the group.

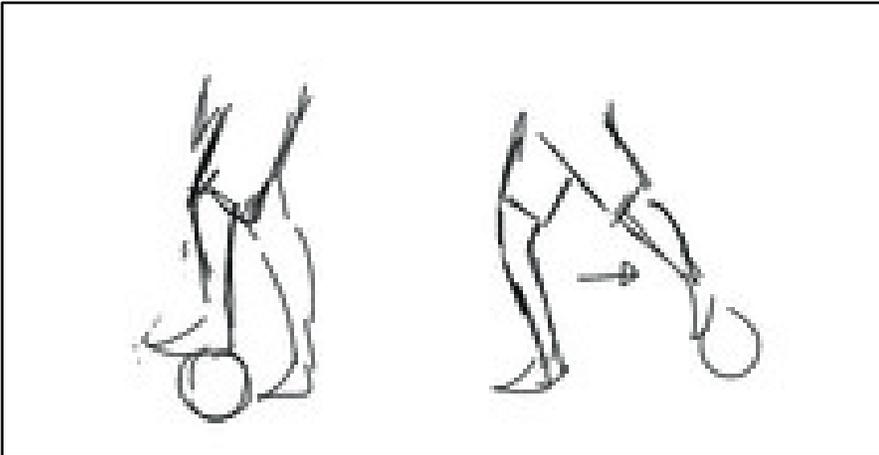


Drill 2: Pullback Drill

(Designed to help change direction quickly)

Can be done with one person. Take turns if there are multiple people.

1. Place 2 cones 15 feet apart.
2. Start at one cone with a soccer ball and dribble to the other cone.
3. Put one foot on top of the ball to stop and control it.
 - a. To help balance, hold arms out to the side, like an airplane.
4. Roll the ball backward, turn around and dribble the ball to the other cone. Repeat 5-10 times.
 - a. Pass the ball to the next person if playing with multiple people.
5. Can use this skill in Red Light, Green Light (Scan this QR Code for instructions)



(0:37-1:15)

Drill 3: Red Light, Green Light

(Designed to help with listening and ball control)

Can be played with one or more children.

1. Teach the kids how to play red light, green light without a soccer ball.
 - a. Play with the kids running toward you on green and freezing on red.
OR
 - b. Place cones in a big square. Have the kids run around inside the cones on a green light and freeze on a red light.
2. Teach the kids how to play red light, green light with a soccer ball.
 - a. Play with the kids dribbling toward you on green. On a red light have the kids stop the soccer ball by placing their foot on top of the ball.
(3:50-4:45)
OR
 - b. Play with the kids dribbling inside the cone square. Kids will dribble on green light. On a red light have the kids stop the soccer ball by placing their foot on top of the ball.

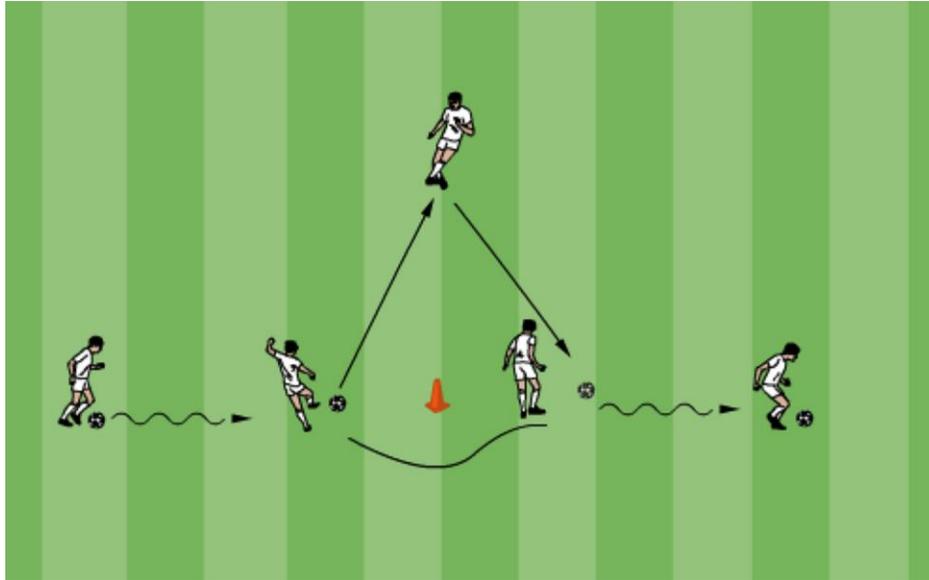


Drill 4: Give and Go

(Designed to help with passing accuracy and trapping)

Can be done with 2 or more people. Add a defender to make the drill more challenging.

1. Player 1 will have the ball 30-40 feet away from the goal. They will dribble toward the goal and pass to player 2. After they pass they will keep running toward the goal.
2. Player 2 will stand 5-10 feet to the side of player 1 and 15-20 feet away from the goal. When player 1 passes the ball, player 2 will trap the ball and pass it back to player 1.
3. Player 1 will trap the ball and shoot at the goal.
4. Repeat the drill 3-5 times for each person.



Session 3

Warm Up:

1. Run around the house/backyard 1-4 times with or without the soccer ball.
2. Dynamic Stretching
 - a. Jumping Jacks
 - b. High Knees
 - c. Lunges
 - d. Forward/Backward Arm Circles
 - e. Side Shuffles
 - f. Backpedal
 - g. Frog Jumps



Drill 1: Bell Tap

(Designed to help with foot speed, endurance, and soft touches on the ball)

Spread legs a bit wider than shoulder width apart and place the soccer ball between legs. Quickly pass the ball back and forth between your left and right foot for 30 seconds to 1 minute.

1 Person: Repeat 3-5 times.

Multiple People: Take turns doing the drill.

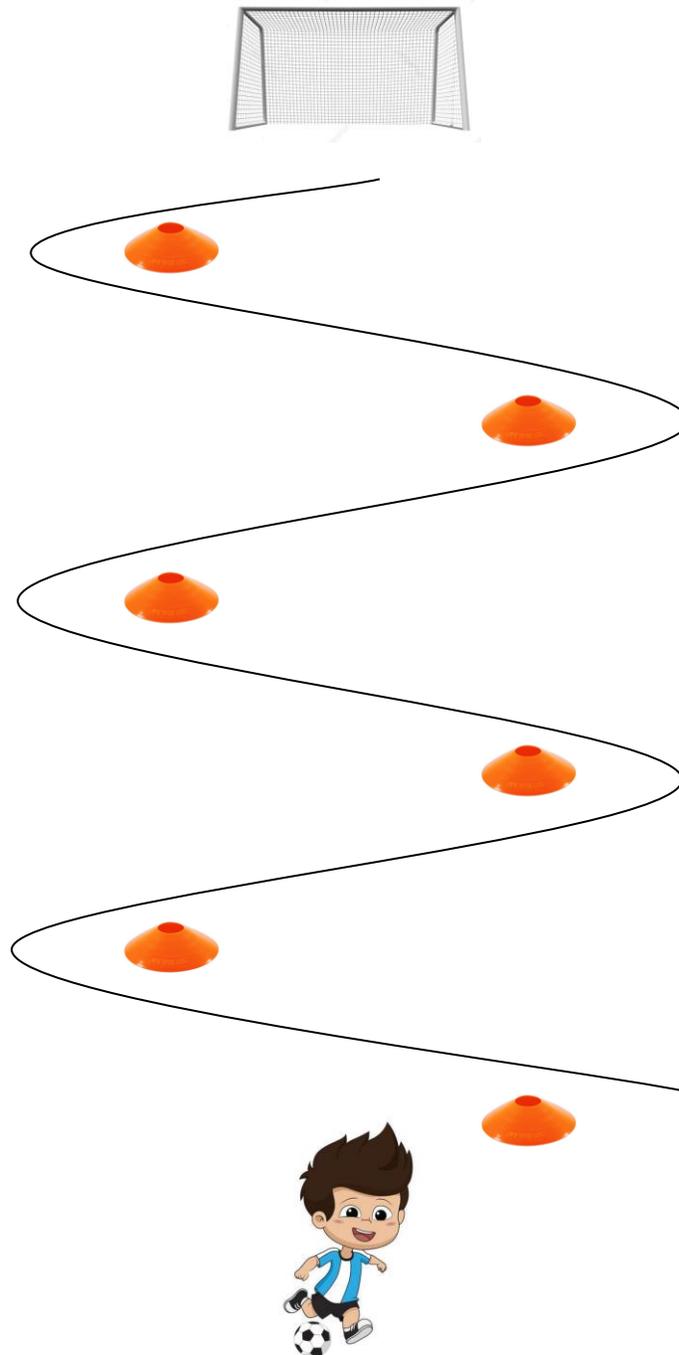


Drill 2: Dribbling

(Designed to help with taking small touches and dribbling around obstacles)

Can be done with 1 person. Take turns if there are multiple people. Repeat 3-5 times.

1. Make 2 lines of parallel cones. 3-4 cones per line. The rows should be offset. There should be about 2-3 feet between each cone.
2. Weave in and out through the cones without a ball.
3. Weave in and out through the cones with a ball.
 - a. Dribble with the inside of foot, outside of foot, just right foot, or just left foot for more development
4. (optional): Place a goal at the end of the cones to shoot after dribbling through the cones.



Drill 3: Throw In

(Designed to teach how to do a throw in)

Put both hands on the soccer ball, bring the ball behind your head, keep both feet on the ground and throw the ball.

1 person: aim at a target and throw the ball. Retrieve the ball and throw again. Repeat 10 times.

2 or more: stand 5-10 feet apart. Player 1 throws to player 2's feet. Player 2 traps the ball then throws to player 1's feet. Continue until each person has thrown 5-10 times.



Drill 4: "Hit the Coach"

Original Version: can be done with two or more people

1. The kids will each have a soccer ball.
2. The kids will chase the coach and try to kick their soccer ball at the coach.
3. If the coach gets hit by a soccer ball they will... (do something fun)
 - a. Make an animal noise (let the kids pick)
 - b. Make a funny face

Alternate Version: Play the same game but reverse roles. Have the kids... (do something funny) if they get hit by the ball.



Session 4

Warm Up:

1. Run around the house/backyard 1-4 times with or without the soccer ball.
2. Dynamic Stretching
 - a. Jumping Jacks
 - b. High Knees
 - c. Lunges
 - d. Forward/Backward Arm Circles
 - e. Side Shuffles
 - f. Backpedal
 - g. Frog Jumps



Drill 1: Toe Tap

(Designed to help with foot speed, endurance, and soft touches on the ball)

Directions: Place one foot on top of the ball. Bring that foot back to the ground and quickly place the other foot on top of the ball. Continue alternating feet as quickly as possible. Count how many touches you can get on the ball in 30 or 60 seconds.

Tips: The ball should remain stationary.

You should touch the ball with your toes or the ball of your foot.

1 Person: Repeat 3-5 times and try to beat the number from the previous rounds.

Multiple People: Take turns doing the drill. Count while the other people do the drill. Try to beat your own number, not the other people in the group.

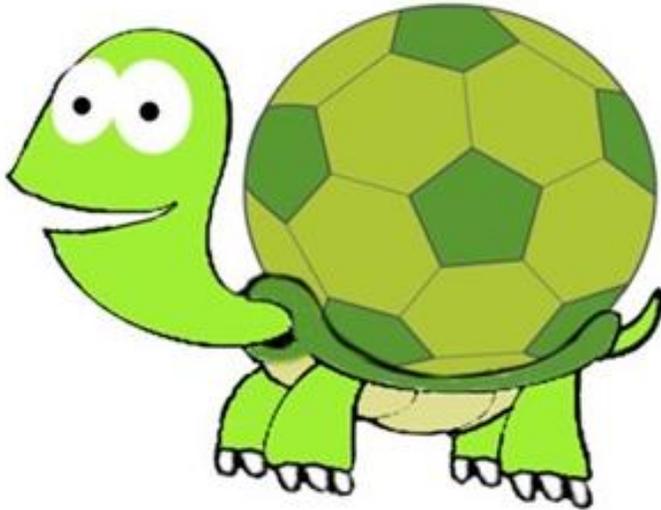


Drill 2: Turtle and Rabbit

(designed to help with listening and dribbling skills)

Can be done with two or more people. Kids each need a soccer ball.

1. When the coach says turtle the kids will dribble very soft and slow.
2. When the coach says rabbit the kids will dribble as fast as they can.
3. Play for 2-3 minutes.



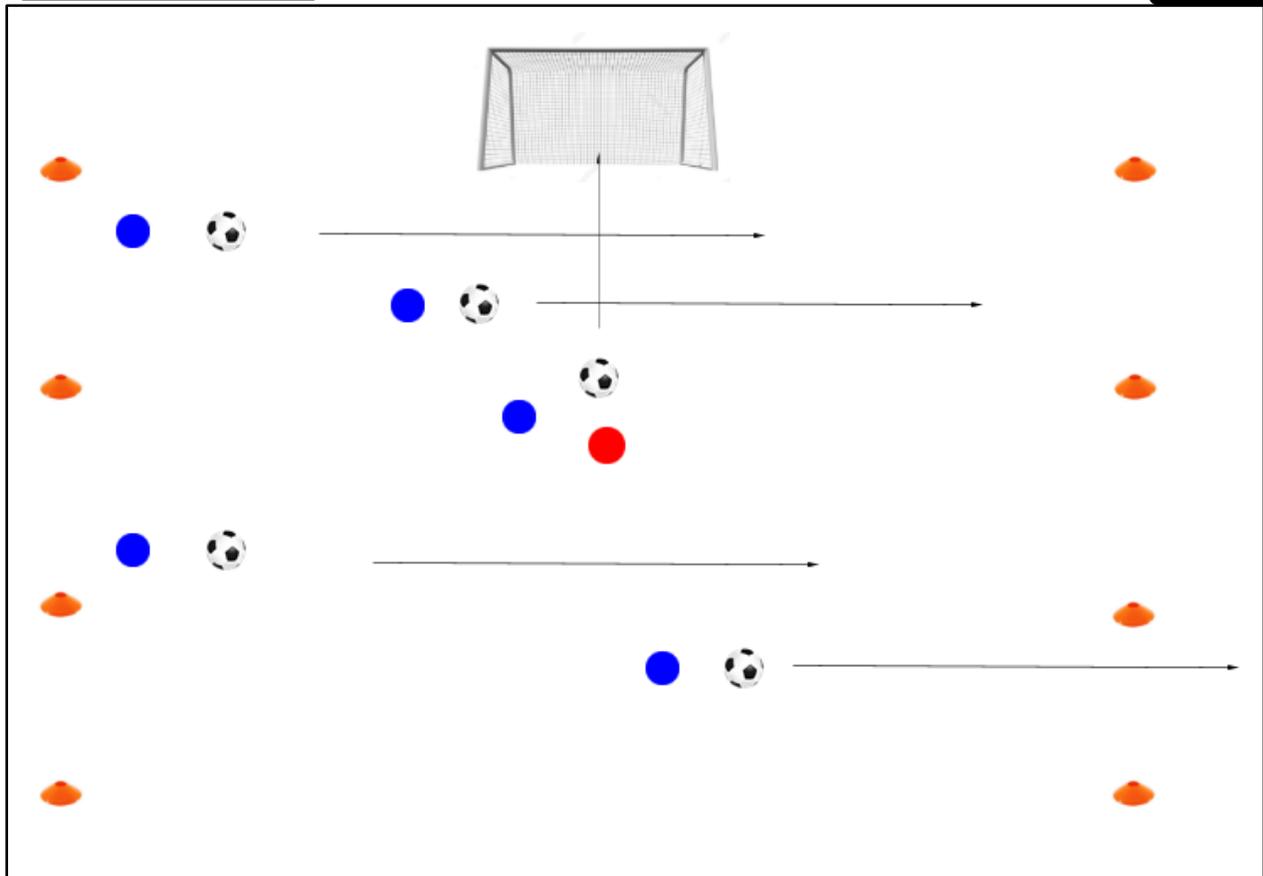
Drill 4: Bulldog

(designed to help with dribbling, defense, and shooting)

Can be done with two or more people

1. Make two parallel lines of cones 30-50 feet apart with a goal on one of the non-cone sides.
2. All players (except the bulldog) will get a soccer ball and line up on one set of the cones.
3. The coach or a player will be the "Bulldog." The "Bulldog" will be in the middle of the two sets of cones.
4. The players will all go at once. They will try to dribble to the other side of the field without the "Bulldog" stealing their ball. If they make it to the other side safe, they will wait until the next round starts.
5. The "Bulldog" will try to steal a player's soccer ball and kick it into the goal. If the "Bulldog" scores, the player who lost the ball will also be a "Bulldog" the next round. If the "Bulldog" misses the goal, the player gets a free pass to the other side.
6. Once everyone is across safe, or the "Bulldog" has scored, start the next round by having the players dribble to the other side.
7. Play until there is only one player with their soccer ball or no players with their soccer ball.

Key:



Session 5

Warm Up:

1. Run around the house/backyard 1-4 times with or without the soccer ball.
2. Dynamic Stretching
 - a. Jumping Jacks
 - b. High Knees
 - c. Lunges
 - d. Forward/Backward Arm Circles
 - e. Side Shuffles
 - f. Backpedal
 - g. Frog Jumps



Drill 1: Bell Tap

(Designed to help with foot speed, endurance, and soft touches on the ball)

1. Spread legs a bit wider than shoulder width apart and place the soccer ball between legs. Quickly pass the ball back and forth between your left and right foot for 30 seconds to 1 minute.
2. 1 Person: Repeat 3-5 times.
3. Multiple People: Take turns doing the drill.



Drill 2: Rollover Drill/Walk the Dog

(Designed to help with footwork and teach another way to dribble the ball)

Can be done by one player or take turns with multiple players. Do the drill for 2-3 minutes.

Start with one foot on the outside of the ball. Raise your foot over the ball to the inside. As the foot is at the top of the ball, the players will use the bottom of their shoe/cleat to roll the ball to the side. Once the ball is moving try to keep the ball rolling by rolling the foot over the ball again.



Drill 3: Tag/Dodge Tag

(Designed to help with field spacing, passing, speed, defense, and ball control)

Tag: Without a ball (can be done with two or more people)

1. Set the cones in a big square.
2. Have one person be the tagger. The tagger will chase the kids around the square trying to tag anyone else. The player who gets tagged or runs outside the square is the new tagger.

Dodge Tag: Same game as "tag without a ball" except everyone is it. You get points for dodging tags.

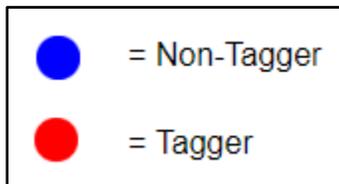
Tag: With a ball

1. Set the cones in a big square. All players (except the tagger) start in the square. Half of the non-taggers will have a soccer ball (6 player example: 1 tagger, 5 non-taggers, 2 soccer balls).
2. Have one person be a tagger. The tagger will try to tag a player that has a ball. If the ball goes outside the square or the tagger touches a player with the ball they get a point.
3. The non-taggers will try to pass the ball to another player who is not the tagger. Have the kids move around to get open for a pass.
4. Play for 1 minute then switch taggers.

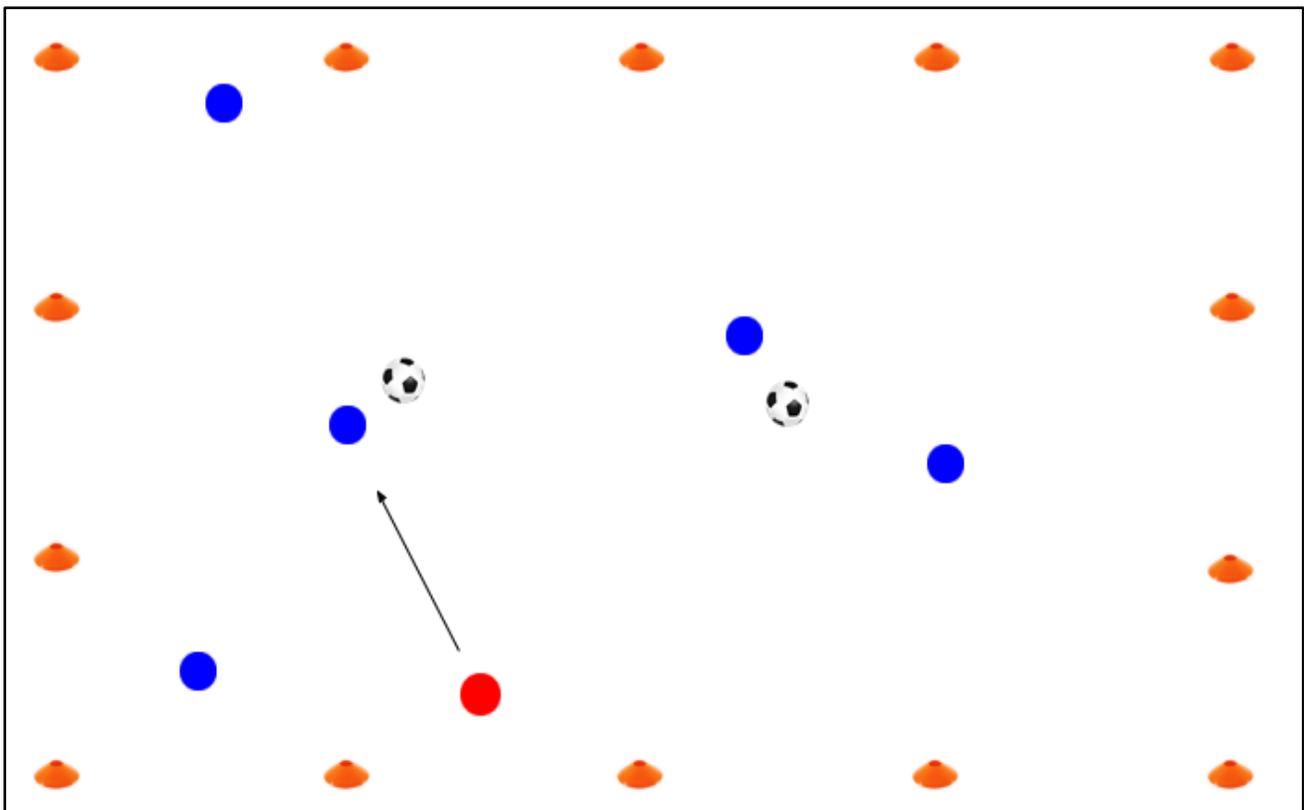
Tag: With a ball (alternate) - Same game but tagger must kick the ball outside the square.

Tag: With a ball diagram

Key:



(6:30-8:20)



Drill 4: 2 vs 2 (or 1 vs 1)

(Designed to help with a real game scenario)

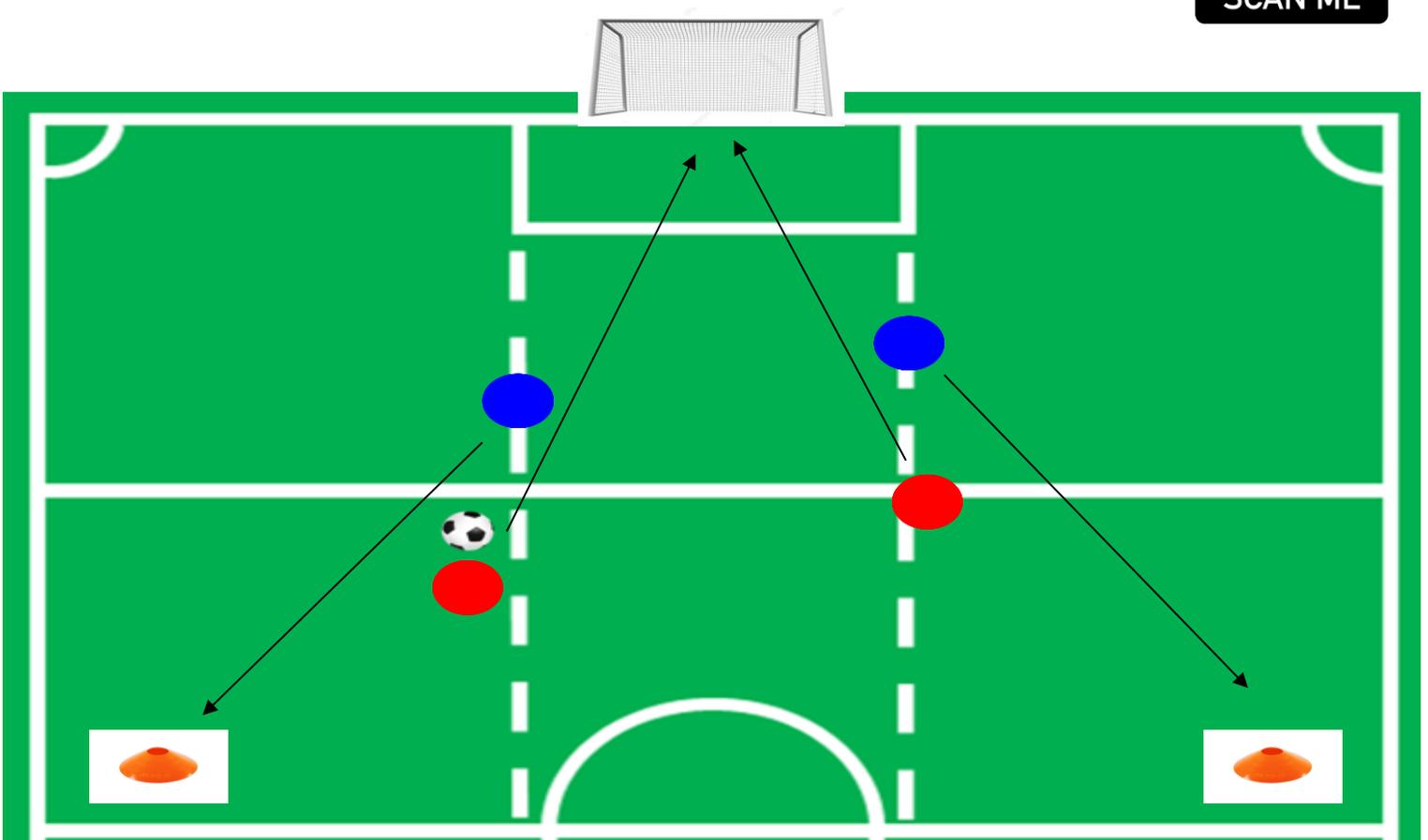
This drill can be done with two or more people.

1. Split all the players into two teams. One team will be offense and one team will be defense.
2. Put cones in the corners of the field opposite the goal.
3. Have the defenders get in position to defend the goal. They will try to stop the offense from scoring.
4. The offense will try to score on the defense.
 - a. If the offense scores they win that round.
 - b. If the defense stops the offense and kicks the ball to the corner they win that round.
5. Play 3-5 rounds then switch who is playing offense and defense. Play another 3-5 rounds.

Key:



(12:50-15:57)



Session 6

Practice makes perfect! Choose your favorite drills from the previous sessions and keep practicing!



Extra Drill: Step Over

(Designed to help get past a defender)

This drill can be done with one or more people.

Learn the Step-Over:

1. Place the ball on the ground. Pretend to kick the ball with the outside of your foot. Swing your foot around the ball and use your other foot to kick the ball the other way.

Full Speed:

1. Put three cones in a "v" shape 10-15 feet apart.
2. Place the ball 15-20 feet away from the first cone at the bottom of the "v". Dribble to the first cone at the bottom of the "v". Just before the cone, do a step over, faking one direction and dribbling the other direction to the cone.
3. Repeat the drill faking both directions. You can place a goal at the end of the drill to practice shooting.

