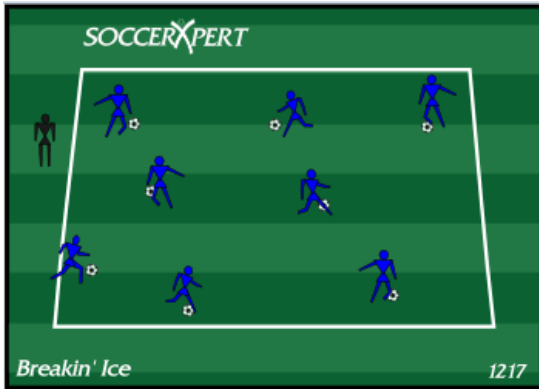




Drill Quick Glance

Age: 4-8	Field: 15X20
Players: 5+	Time: 10 mins.
Difficulty: EASY	Focus: DRIBBLING
Keeper: NO	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Soccer Balls

The Greeting Game

Objective:
This soccer drill is specifically designed for younger players (U-6 and U-8). This drill will get the players moving, greeting each other, and a building block to introduce dribbling. Good for Camp activities for the younger players.

Setup

1. Build a grid that is 15X20 using cones.
2. Each of the players is inside the grid with a soccer ball.

Instructions

1. All the players run around randomly without balls, inside the grid.
2. The coach calls out various types of greetings, which each player then has to carry out with others:
 - o Shake hands
 - o Slap high fives (one hand)
 - o Slap high fives (both hands)
 - o Stand shoulder to shoulder
 - o Stand back to back, etc.
3. Add soccer balls, and perform the same activities as above.

Coaching Points

- When dribbling, keep the ball close and don't run into other players.
- Have fun with the activities and make it exciting.

Variations

- Add Dribbling