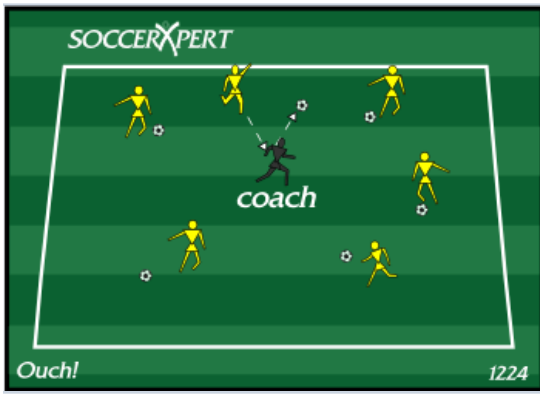

Drill Quick Glance

Age: 4-8	**Field:** 20X20
Players: 4+	**Time:** 15 mins.
Difficulty: EASY	**Focus:** FUN
Keeper: NO	**Type:** INDIVIDUAL
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Soccer Balls

Ouch!

Objective:
"Ouch!" is an exciting and engaging soccer drill designed for younger players (U6, U7, and U8). It introduces essential skills like dribbling, keeping their heads up, and accurately striking the ball at a target. Best of all, it's a fun and interactive game that both players and coaches will enjoy!

Setup

1. Build a grid 20X30 (may adjust if too large or small).
2. Every player begins in the grid with a ball.
3. The coach and assistant coach start in the grid without a ball.

Instructions

1. The coaches jog around in the grid and players try to kick their balls and hit the coaches.
2. The players get a point each time they hit the coach.
3. The coach should yell OUCH each time they are hit to make the game FUN.
4. For younger players, the coach can walk around their knees.

Coaching Points

- Encourage players to get their head up and look for the coaches while dribbling.
- Make sure the players are striking the ball with the proper part of the foot.

Variations

- If the players are struggling to hit the coach, the coach should stop for a couple of seconds to give the players a chance.
- Use different parts of the foot: Inside, Instep, Right and Left foot.