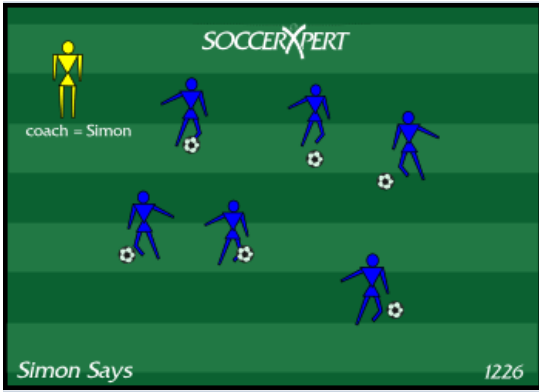




Drill Quick Glance

Age: 4-8	Field: 20X30
Players: 4+	Time: 10 mins.
Difficulty: EASY	Focus: DRIBBLING
Keeper: NO	Type: INDIVIDUAL
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Soccer Balls

Simon Says - Youth Soccer Drill

Objective:
The "Simon Says Youth Soccer Drill" is a fun and engaging activity designed for U6 and U8 players, focusing on improving dribbling skills and close ball control. This drill helps young soccer players develop quick responses to instructions while also enhancing their listening skills in a dynamic and enjoyable way.

Setup

1. Create a 20X30 grid with cones.
2. Position the players inside the grid.
3. Each player with a ball.

Instructions

1. Play Simon Says with the team as the players dribble in the grid.
2. If a player does something they are not supposed to, issue them a GOTCHA.
3. See who gets the least number of gotchas.
4. Examples of commands could be: Change direction, stop the ball, stop the ball and put your belly on the ball, etc.
5. Also, try to throw in a trick or two like kick the ball as far away as you can.

Coaching Points

- Have players do actions like clapping in between their legs and skipping to increase body awareness.
- Focus on dribbling skills and keeping the ball close and under control.
- Focus on players listening skills.

Variations

- Without ball
- With ball in hand
- With ball