

1-A: Dribble Stop

Begin by having players dribble the ball around an area with their feet. Assign a color to each hand and foot. When you yell a color, they are to stop the ball with that body part.

Red=right hand

Yellow= left hand

Green = right foot

Blue = left foot

Rainbow = butt

1-B: Dribble Number Groups

Have players dribble from one end of the field to the other. When you call a number, players must form a group equal to that number. For example, if “3” is called, then three players must come together. Any players who do not form a group must do 3 jumping jacks.

1-C: Throw and Somersault

Place a cone out from the campers. Have them go in groups so that every campers has a ball. When you say throw, all campers must throw their ball over head, then do a somersault. The camper who has their ball come closest to the cone, wins a wristband.

1-D: Throw and Clap

Split campers into two teams. Have two campers for each team hold a ball, then throw it into the air and clap three times, change the activity they must do when throwing to:

Clap 3 times

Do a jumping jack

Spin in a circle

Touch your toes

Each team gets a point for every caught ball. Team with the most points gets a wristband.

2-A: Dribble Scavenger Hunt

Place 8 cones in an open area and have campers dribble their ball to each cone to collect a poker chip or token (or sign their name on a white board)

2-B: Musical Cones

Put out as many cones as there are campers with a ball (this may take two to three groups) Have them dribble in a large area, and when you blow the whistle, they must all dribble to a cone and claim it.

2-C: Follow the Coach

You will get a group of players behind you to dribble and follow you as you weave around cones, do jumping jacks, or any other silly activity you can think of. After you go, let each camper have a chance to be the leader. Set up 4 cones and have them do something different at each cone.

3-A: Dribble to Colored Cone

Set up 5 colored cones (orange, green, red, blue, and yellow) and place them in an open space. Have campers on a line with the ball, when you yell a color, they must dribble to that colored cone and back.

3-B: Dribble Relay

Split group into two teams. Have them participate in three types of dribble relays where they must complete the course, then pass the ball to the next camper in line:

Straight to a cone and back

In a square around a cone

Weaving between 4-5 cones in a straight line

Each team gets a point for each relay they win, winning team after all relays are done gets a wristband.

3-C: Dribble Win

Have two lines of campers, each facing each other about 15 yards apart. Give one line a number, and another line a color. Give each camper a number in the number line, and each camper in the color line a color (preferably from the rainbow). Call out one color, and one number, and those two players must run out and try and win the ball and dribble it back over to their side.

Make sure each number or color is called.

Colors you can use:

RED
ORANGE
YELLOW
GREEN
BLUE
PURPLE
PINK
NEON

1-A: Line Hop Over

Have players line up on a real (or imaginary line) on the field and have them practice hopping over it as fast as they can for 20 seconds at a time. Make sure you give them around 30 seconds to rest after each set, and demonstrate to them the next exercise they'll be doing. Do the following:

- Two foot hops forward and back
- Two foot hops side to side
- Right foot hops forward and back
- Left foot hops forward and back
- Right foot hops side to side
- Left foot hops side to side
- Split hops facing forward

1-B: Follow the Coach

You will get a group of players behind you to dribble and follow you as you weave around cones, do jumping jacks, or any other silly activity you can think of. After you go, let each camper have a chance to be the leader. Set up 4 cones and have them do something different at each cone.

1-C: Dribble pick up

Have campers dribble around an open area, and when you blow the whistle, have them pick up their ball, then run back to the line as fast as possible.

1-D: Alligator Cross

Split the campers in half. In an enclosed space, have one half of the campers sit down, while the other half has to dribble around them. The campers sitting down may try to reach out and stop the ball or tag the players dribbling. If tagged or their ball is stopped, that player is out. Do this for three rounds, making the space smaller and smaller, before rotating teams.



2-A: Between legs goal shot

Have players with their backs facing the goal. On your command, have them throw the ball between their legs, then quickly turn around and shoot on the goal. Split into two teams, and count points for each goal scored. Winning team gets a wristband. Move the group further and further back after each attempt.

2-B: Over head goal shot

Have players with their backs facing the goal, throw a ball over their head and then quickly shoot it into the goal. Winning team gets a wristband. Move the group further and further back after each attempt.

2-C: Camper Call Out Score

Have campers line up on the goal line, and give them all a number. When you call out that number, you will toss a ball up and out in the air, and camper must quickly strike it and shoot it into the goal.

3-A: Rapid Fire goals

Have campers partner up. Bring out 2 pairs to face each other. Set two goals up 10 yards apart. Coaches will quickly throw a ball out and a team tries to score as quickly as possible. As soon as a ball goes out of bounds, or is scored, coach tosses in another ball.

Do this for three scores, three out of bounds, any combination of three, or after 2 minutes, then switch teams.

3-B: Sit, Stand, Strike

Have players sitting on the ground in front of the goal. One at a time, roll a ball out, and they must get up, and quickly strike the ball into the goal. Change the situation to the following after each camper has gone:

Sitting down

Lying on belly

Lying on back, sitting with back facing

3-C: Goalpalooza

Have all players in the penalty box area, one half in shirts, the other half in the green pennies. Set up four goals around the penalty box area. When a coach tosses a ball in, the team may score on any goal. As soon as a ball goes out of bounds or scores, coach will toss in another ball.

Do this for 5 possessions, the winning team gets a point. Team with most points after all of the rounds is the winner and gets a wristband.

1-A: Follow Coach Dribble, Musical Cones

You will get a group of players behind you to dribble and follow you as you weave around cones, do jumping jacks, or any other silly activity you can think of. After you go, let each camper have a chance to be the leader. Set up 4 cones and have them do something different at each cone.

Put out as many cones as there are campers with a ball (this may take two to three groups) Have them dribble in a large area, and when you blow the whistle, they must all dribble to a cone and claim it.

1-B: Back and Forth Shooting

In groups of 5, have one camper play goalie for a 5-yard wide goal. Place a pair of campers 7-8 yards away from each goal on opposite sides. Each team is trying to score on the goalie, and as the ball passes through, the other pair shoots as well. Rotate campers after 20 seconds each.

1-C: Two per cone

Set up a large area for campers to dribble around with plenty of cones set up. Have campers dribble loosely around. When you blow the whistle, they must dribble to a cone and partner up with another camper.



2-A: Slow motion kick

As coach, demonstrate how you are supposed to kick the ball with your laces. Have each player partner up with a ball, and practice slow motion on a ball, with both feet. The goal is not to make the ball move by making sure you place your laces on it properly.

2-B: 2 yard scores

Have campers partner up. Make a 2 yard wide goal between them, and have them practice kicking it to one another through the goal. As they improve, they can stand further away from one another. To make a game of it, you can see who can score the most goals (pass-throughs) in a 30 second time span and award points.

2-C: 2 yard goal games

Have campers partner up. Make a 2 yard wide goal between them, and have them pass to one another through the goal. After each round, award a point. Move them further back after each round, team(s) with the most points get a wristband.

2-D Team Scramble Score

Divide campers into two teams. Place each team on opposite sides, and then place 6 balls in the middle. On your whistle, both teams will rush into the middle and try and dribble a ball back to their side. Let Campers try to steal the ball from one another, then evaluate if you should ban stealing the ball. Score one point for every ball brought back to their side, team with most points after 5 rounds is the winner of wristbands.



3-A: Dribble Bowling

Split campers into two teams. Have one team at a time, dribble in a large circle around 6-8 cones placed inside an imaginary circle. When you blow the whistle, they stop, pick up their ball, and try to bowl over a cone. Teams get one point for every cone. Rotate teams after each round. Team with most points after 5 rounds wins wristbands.

3-B: Soccer Golf

Have campers partner up. Set out cones across the field and make a 6-hole course. Two pairs will start at each hole. Goal is to tap the cone with your ball in the fewest amounts of kicks possible. Each pair will share one ball.

3-C: 5v5 two touch goals

Split campers in half in a half field with no goalies. Have each team count out loud the number of touches. When they get to two touches, the next kick must be a shot on goal. Team with the most goals wins wristbands.



1-A: Dribble and Throw

Set up a narrow goal made of two cones. Have campers in one line (or two, depending on size of group) then have them dribble through the narrow goal, pick up the ball, then throw it to the next person in line.

1-B: Sole/Heel Dribble

Have campers in an open area, show them how to dribble with just the sole of their foot. Have the campers move around dribbling the ball with the sole of their shoe.

Next, demonstrate how they can dribble the ball with their heel, then have them move around dribbling the ball with just their heel.

1-C: Dribble Snake

Have your campers form one single file line (or two, depending on size). Give the first camper in the head of the line a ball. They should now dribble, and everyone else will follow. On your whistle, the first person in line will leave the ball where its at, then move to the back of the line. Keep this going until every camper has had a chance to go.

1-D: Dribble Goals

Split campers into two teams. Set up 4-6 small “goals” in an open area. Campers must dribble their ball through the goals, and get a point for each goal they dribble through. Do this for :30 second rounds. Team with the most goals after each round gets a point, team with the most points, wins wristbands.

2-A: Dribble to Coach and Reverse

Have campers facing a coach in the middle evenly spread out. They must dribble to you the coach, then stop, and reverse direction with the ball, without having the ball touch you. Do this for 30 second spans, and see how many laps they can each get to challenge themselves.

2-B: Human Obstacle Course

Have campers make an obstacle course with their bodies. Have about 5 campers spread out amongst a course made up of cones. Place one camper between each set of cones, and make them hold poses that campers with the ball must dribble around. At the end of the course, set up a small goal they must score through. Rotate campers after each one completes.

2-C: Throw and Catch

Split campers into two teams. One at a time for each team, campers must throw the ball over head, and run to try and catch it and stop it before it bounce three times.. Each catch and stop is worth one point. Team with the most points after 3 throws each wins a wristband.

After this, you can try to see how close campers can throw the ball and get it to stop by a cone. Have opposing campers throw to the same cone, closes to the cone gets a point for their team, team with the most points after 11 throws wins wristbands.

2-D: Quick Reaction

Form groups of three (or you and a volunteer coach serve the ball back and forth). Two campers have a ball 15 yards apart facing each other, and a camper in the middle faces one of them. The first camper with a ball serves it either in the air or on the ground, and the camper in the middle must return it back, then quickly turn around and do the same to the other camper. Repeat this for 30 seconds, and do several rounds rotating campers.



3-A: Dribble Fingers

Have players dribble toward coach as you hold up fingers. Make the campers repeat how many fingers you are holding up as they dribble. Do this from one side of the field to the other (or in your designated space).

3-B: 4 on 4 Freeze Shots

Split the teams into 4v4 (or whatever number is applicable) and have them scrimmage in a smaller field. When you blow your whistle, everyone freezes in place. The camper with the ball then must take a shot on goal. Make sure to move any campers immediately in their path. Blow your whistle when it looks like a camper has clear possession to avoid confusion. Keep score for the teams.

3-C: Circle Strike Clear

Place 2-3 campers inside a circle (or more depending on your ratio) and have campers roll or softly toss balls at them. The campers inside the circle must clear the balls out of the circle and back to the campers on the outside. Do this for 30 seconds, then rotate campers.

3-D: Baseline Goal Scrimmage

Split campers into two teams. The goal is simply to launch your ball past the other teams baseline. Make your field longer than normal, so as to encourage big kicks from the campers!



1-A: Drill Recap

Pick a few of your campers favorite drills, and go over them again to prepare them for the skills challenges.



2-A: Double Super Strike

Line up 8 soccer balls, each 2 yards apart from each other in a straight line. From that straight line, set up two goals directly across and 10 yards away from the center soccer ball. Campers will begin with the first soccer ball, and gets one kick to try and kick the ball into each goal, alternating shots each time.

Count the number of goals made by each player, and let the top 3 or four advance to a finals round, and then find a winner, you may declare a tie or go to another elimination round based upon time.

2-B: Skills Test

Using three soccer balls, begin with a player dribbling a ball, and passing it through a small gate made by two cones.

After the pass, the player will advance to another soccer ball that's waiting, and then they will dribble that through a cone course you have set up. After they have done that, set up one more ball that they then must launch through two cones and score a goal.