

# DRILLS, GAMES AND MORE



2007 - 2017

FOR THE SPORT OF  
**POWER SOCCER!**

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## KEY

—————  
A solid line signifies  
athlete movement

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A dashed line  
signifies ball movement

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# NOVICE DRILLS



*Michael Rayton, plays for San Jose Flash  
Photo courtesy Scot Goodman*

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# WELCOME CIRCLE

**Equipment:** ball, any number of athletes

- 1) Team lines up on center circle, ball center.
- 2) Have athletes back up a chair length or two away from circle to give everyone space.
- 3) Assistant rolls ball to one player and moves out of circle.
- 4) Athletes pass the ball to one another in what ever fashion they desire, 90°, 180°, front of guard or back of chair.
- 5) Continues until all players have struck the ball numerous times.

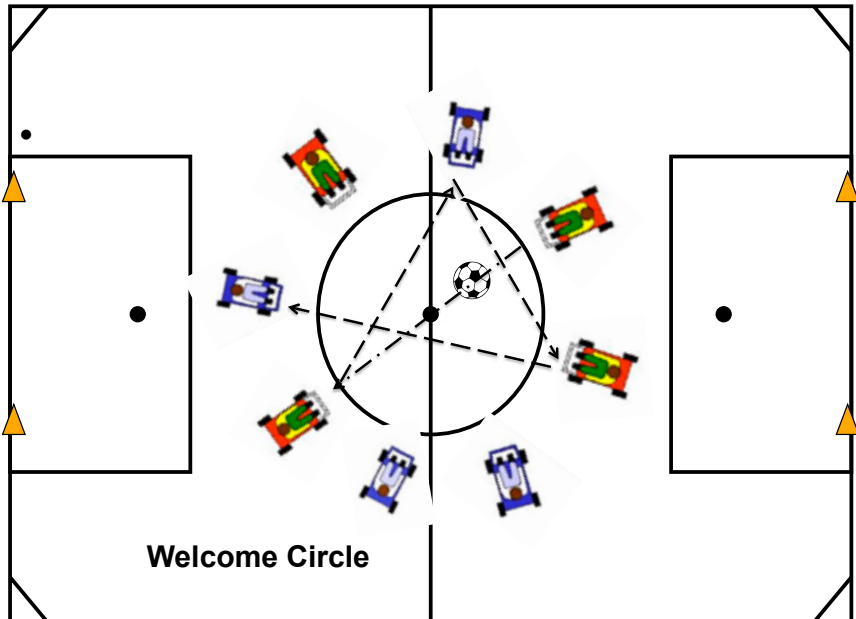
**Lesson:** Familiarity with moving the ball, communication

*This is a great clinic game for young or beginner athletes.*

*Variation: When player strikes the ball, they must yell their own name to introduce themselves.*

*Variation: When player strikes the ball, they call out the name of the player for which the pass is intended. This is a great drill to teach communication.*

*Variation: Set athletes facing counterclockwise and have them strike ball with side of chair, after completed, change direction!*



# CIRCLE DRILL

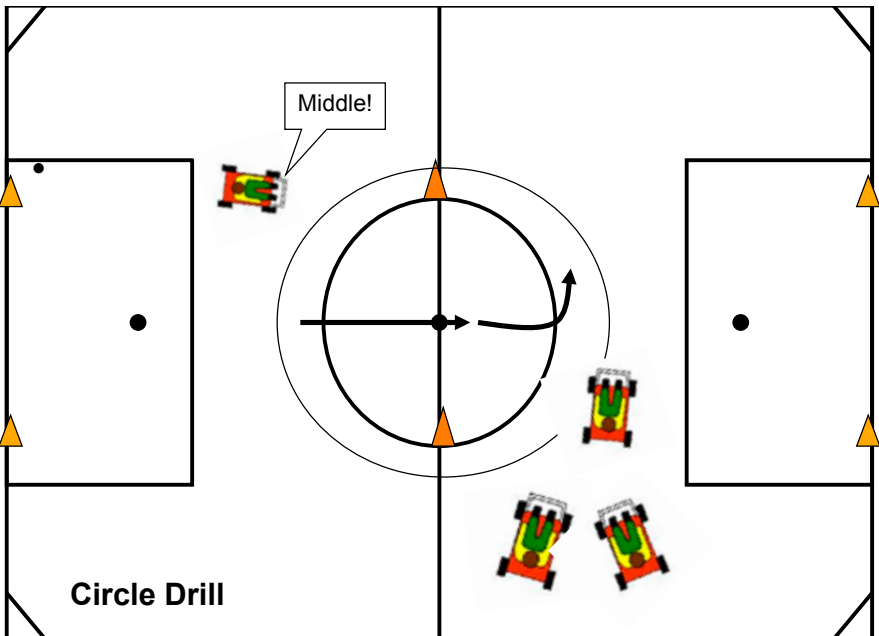
**Equipment: 2 cones, minimum 4 athletes**

- 1) Set two cones up across the circle.
- 2) Athlete circles the larger circle until an assistant instructs “middle”.
- 3) Player enters through middle and continues counter clockwise around outer circle.
- 4) This drill is an individual drill.

Lesson: Listening skills, taking direction and hand/eye coordination

*Variation: Add another player to the mix.*

*Variation: move the cones closer to together to make the drill more challenging.*



# 4 POINT CIRCLE DRILL

**Equipment:** 4 cones, minimum 4 athletes

- 1.) Set up 4 cones around center circle, (east, west, north, south)
- 2.) Player circles the outside of the circle as fast as they can. A second athlete or coach instructs player to enter the middle and then instructs a direction either left or right. Drill ends when player hits cone.

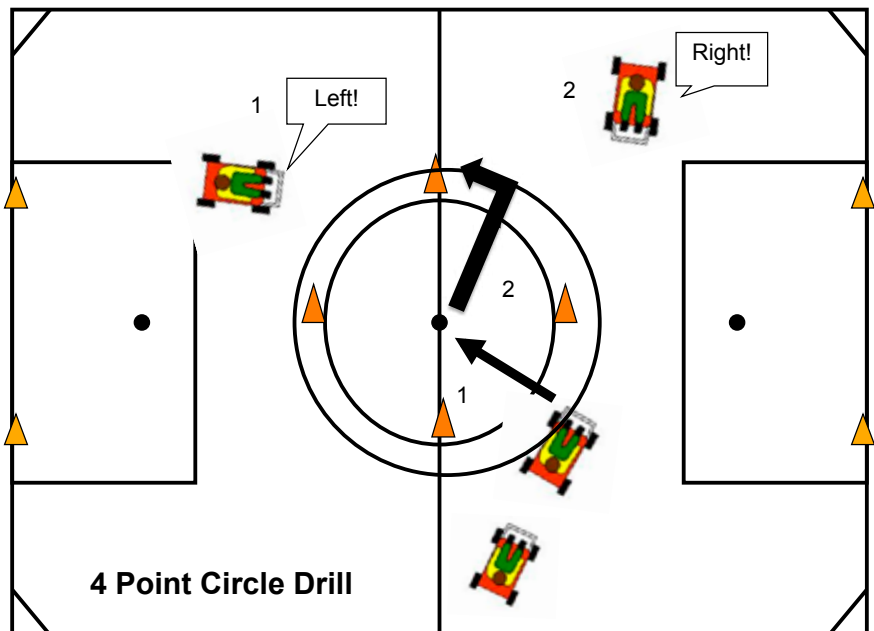
Lesson: Listening skills, coordination,

*Variation:* Have the player complete the drill backwards.

*Variation:* Have two players of the same skill level do the drill together.

*Variation:* Put a ball in the center. Two players drive outside the circle as fast as they can. Designate a color to instruct players when they are allowed to enter circle and the ball. Instructor calls out different colors as players circle outside circle.

When the designated color is called players try to beat each other to the ball.



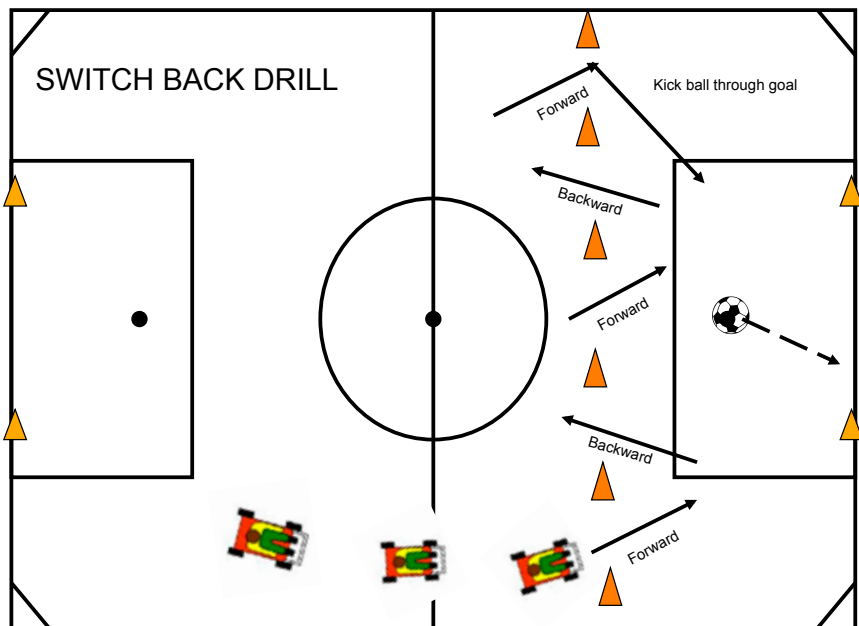
# SWITCH BACK DRILL

**Equipment:** 6 cones, ball, minimum of 4 athletes

- 1) Set 6 cones up across the court, spread approximately 1.5 meters.
- 2) Place a ball on penalty kick “x”
- 3) Player enters 1st set of cones forward
- 4) Player stops and now goes into reverse through second set of cones.
- 5) Player continues same repetition through all cones
- 6) Player kicks ball through the cone.

LESSON: Player learns to make quick, precise changes of direction and to attack ball from different angles.

*Variation: Players do the drill backwards*



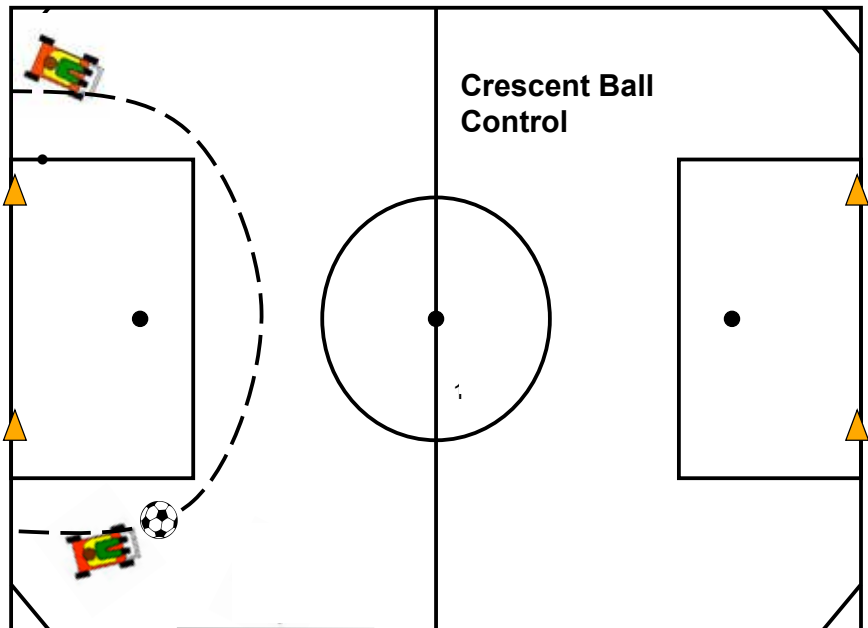
# CRESCENT BALL CONTROL

**Equipment:** ball and minimum of 4 athletes.

- 1) Divide players evenly into two groups.
- 2) Place one group at the end of the 3 point line.
- 3) Player in the first group dribbles ball around 3 point line to player in second group.
- 4) Player in second group dribbles the ball back around 3 point line to the first group.
- 5) After player passed the ball off they go to the end of the line of the group they dribbled to.

Lesson: Ball control and passing to team mate

*Variations:*





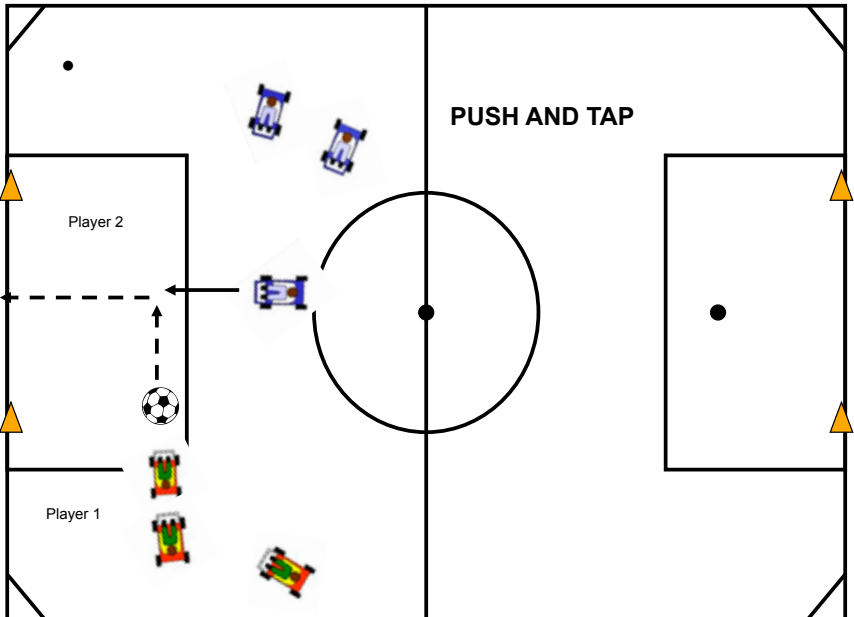
# PUSH AND TAP

**Equipment: ball and 4 athletes**

- 1) Split players into two groups
- 2) Set players on court as shown by diagram.
- 3) Player 1 has ball and pushes ball to player two.
- 4) Player 2 does 90° kick into goal
- 5) After striking the ball the player quickly turns to the end of their line.
- 6) Switch groups after each player has ten touches.

*Variation: For higher skilled athletes, instead of pushing the ball to team mate, complete a 90°*

*Variation: Assistant rolls ball to player one from the corner*



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# INTERMEDIATE DRILLS



*Borp athlete, Ian Kinmont, plays for BORP Shockers  
Photo courtesy Scot Goodman*

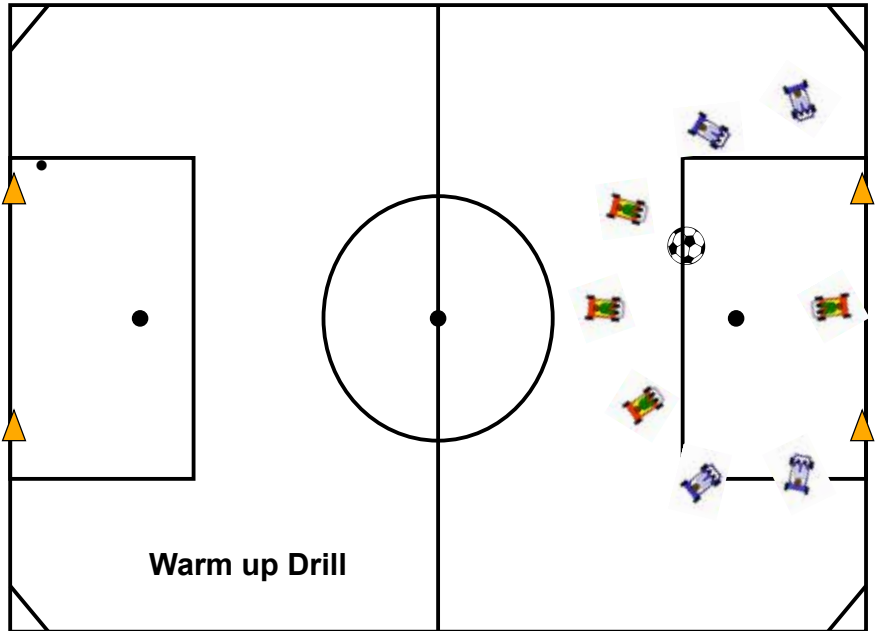
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# WARM UP DRILL

**Equipment:** ball, minimum of 4 athletes.

- 1) Place goalie in goalie area.
- 2) Place team in a semicircle around goalie.
- 3) Pass the ball to team mate and try to make shots on goal.
- 4) Great drill for goalie practice and warm up before games.

*Variation: Rotate goalie so all athletes have a turn at defending.*



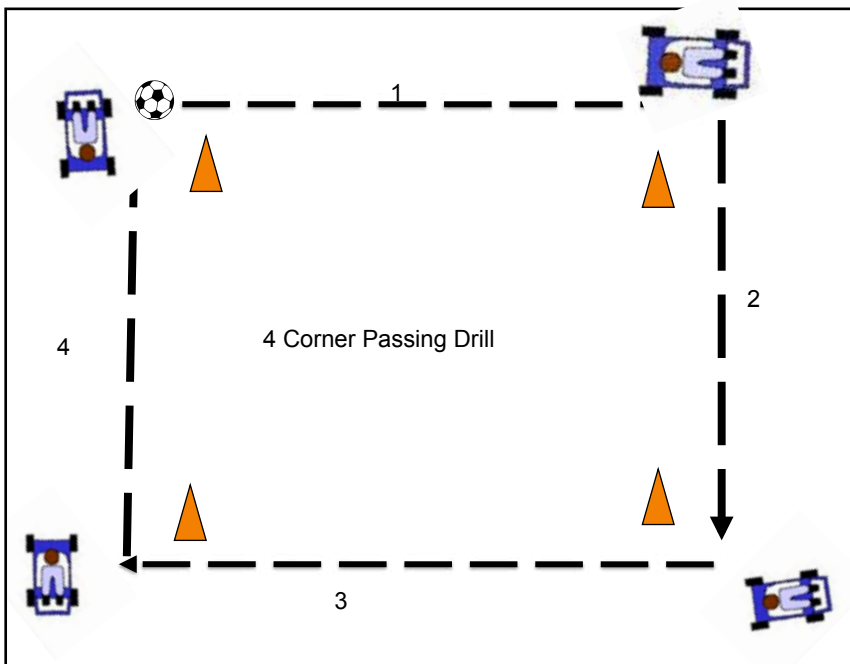
# 4 CORNER PASSING DRILL

**Equipment:** 4 cones, ball, minimum of 4 athletes

- 1) Set athletes up as shown on diagram using a half court.
- 2) Any corner starts and passes straight up court to teammate using a 90° kick.
- 3) Passing continues. Try and make 10 complete passes to all four corners.

Lesson: Communication, anticipation, working together

*Variation: Change direction of drill.*



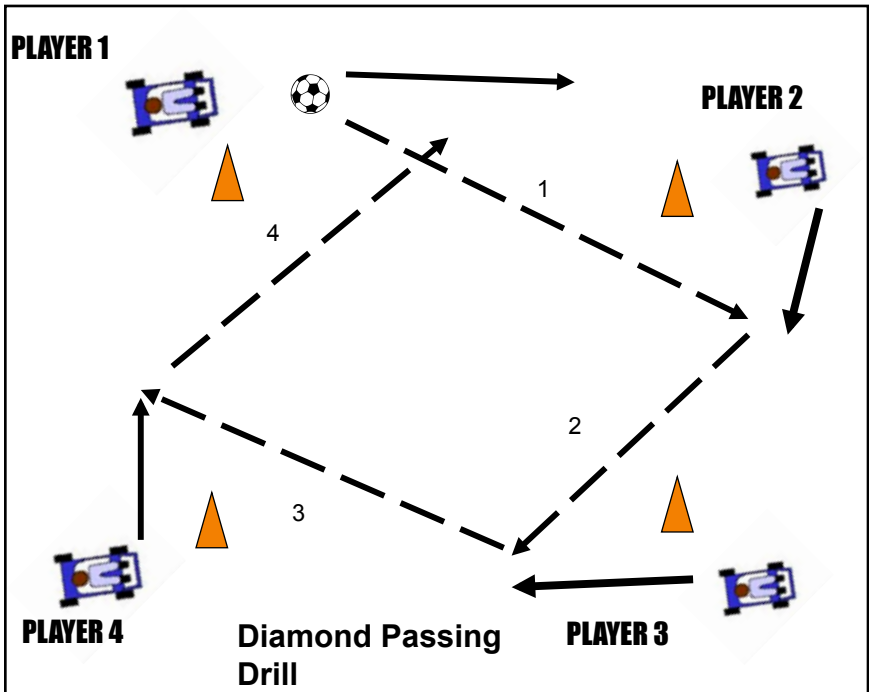
# DIAMOND PASSING DRILL

**Equipment: 4 cones, ball, minimum of 4 athletes**

- 1) Set athletes and cones as shown below
- 2) Player #1 begins pass with ball movement aim south of player #2
- 3) Player #2 captures pass and continues the pass west of player #3
- 4) Player #3 captures pass and continues pass north of player #4.
- 5) After making pass, player moves to position of player he passed to.
- 6) Play continues until desired number of rotations are completed.

Lesson: accuracy in passing, and in receiving

*Variation: Change direction of drill*



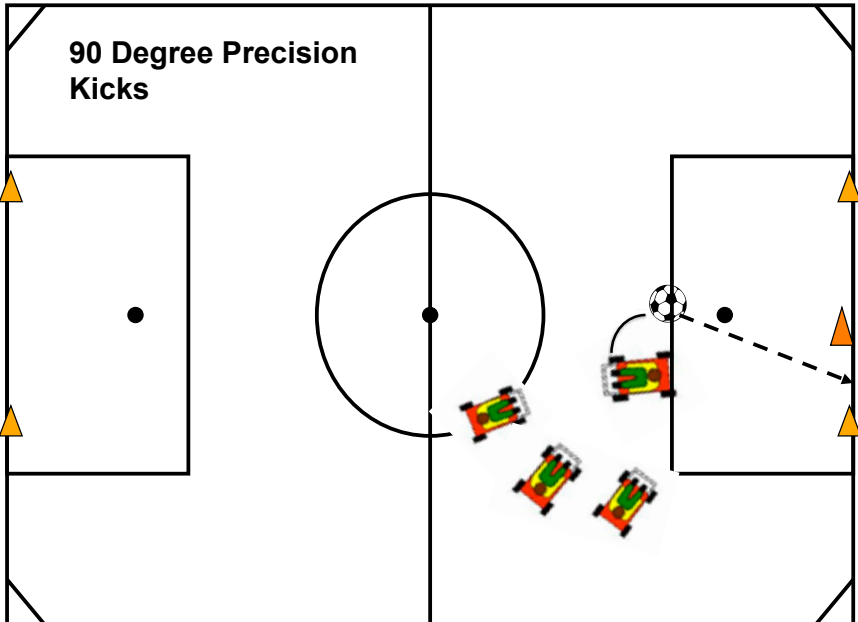
# 90° PRECISION KICKS

**Equipment:** ball, 2 cones, minimum 4 athletes

- 1) Set ball top of box, center with goal area set 1 meter wide.
- 2) Set athlete with back to goal.
- 3) Athlete spins right to make contact with the ball
- 4) Keep score for 10 tries.
- 5) Position chair to continue for another 10 with opposite side of chair.

*Lesson: accuracy and precision kicks from either spin direction.*

*Athletes are usually dominate on one side of the other. This drill will help assist you where the strong side is.*

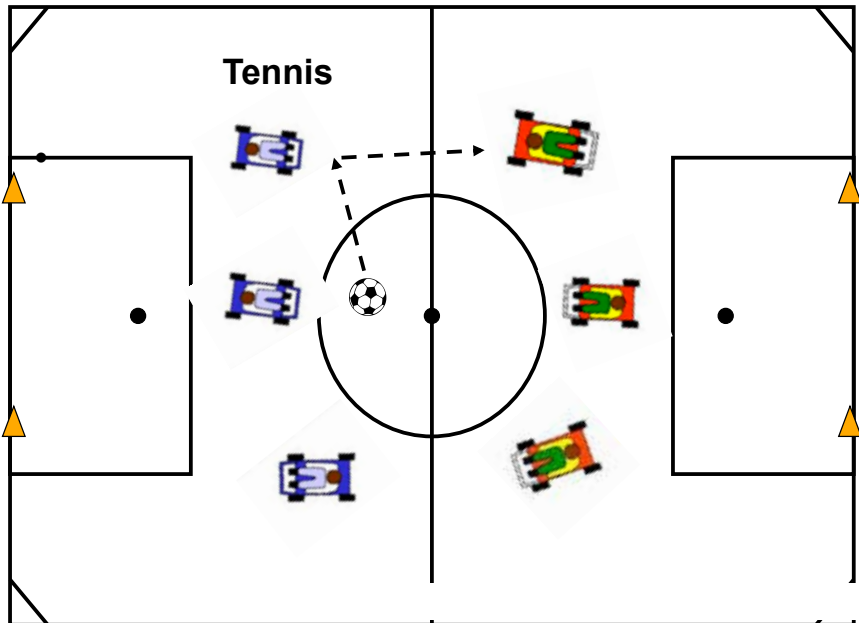


# TENNIS DRILL

**Equipment:** ball, minimum 4 players

- 1) Place 3 players on each side of center line, spread across the court.
- 2) Teammates work to set up the pass to a teammate and strike the ball across the “invisible “ net.
- 3) Goal of the game is to get the ball past the 3 defenders and score a point.

*Lesson: Passing skills, court awareness and recognition of scoring opportunities.*

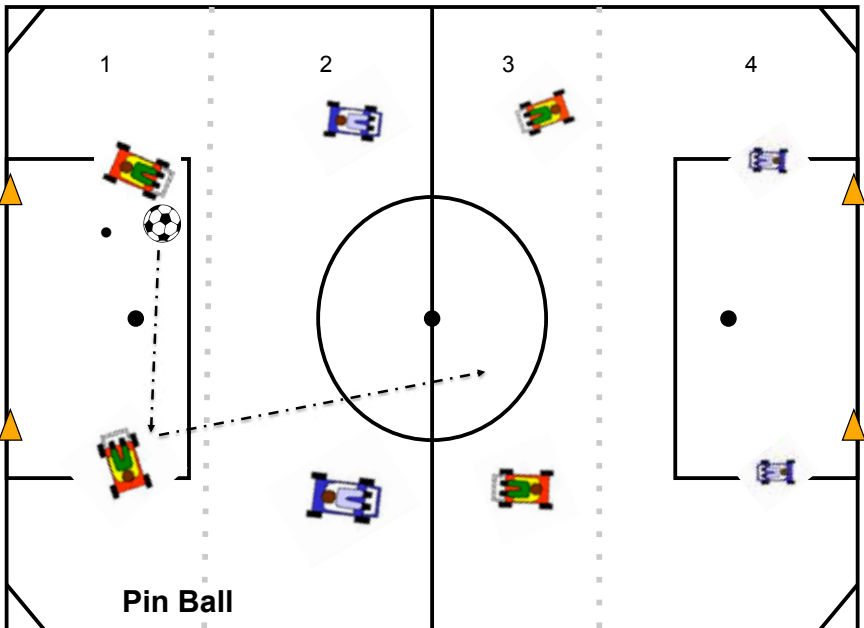


# PIN BALL

**Equipment: ball, 8 athletes**

- 1) Divide court into four even zones.
- 2) Divide into 2 groups, each group is a team.
- 3) Take one team and place two of its players in zone 1 and two players in zone 3. Do the same with the second team, two in zone 2 and two in zone 4.
- 3) Object is for the players to pass the ball through the defenders in order to set up and take shots at the opposing teams goal.

Lesson: Teamwork, staying spread out, moving to open space





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# Advance Drills



*Team USA 2017, highlighted with Wayne Meringer, MK Battery*

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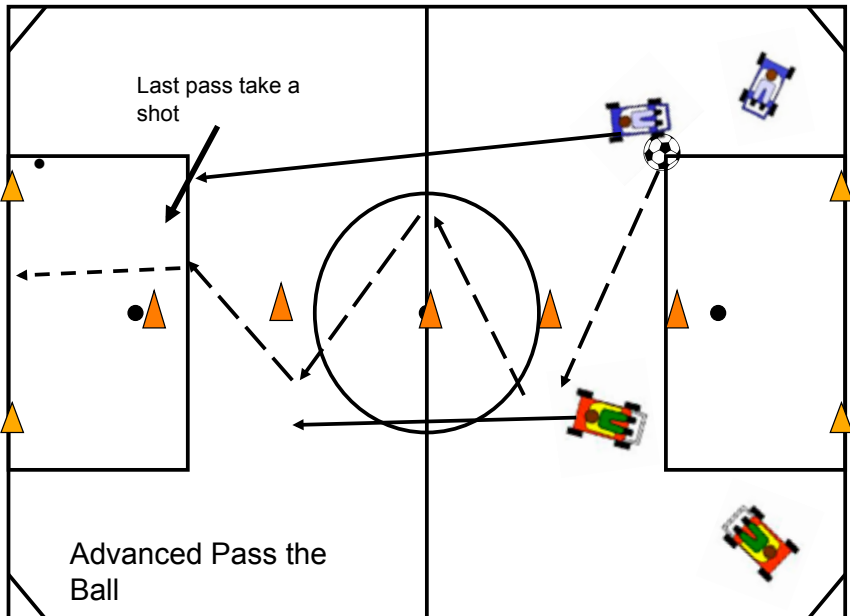
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# ADVANCE PASSING DRILL

**Equipment:** 5-6 cones, ball, minimum 4 athletes

- 1) Set up 6-8 cones down the center of the length of the court forming two rows.
- 2) Divide players into 2 teams and have each team line up backwards on the opposite corners at the top of the same goal area.
- 3) A player from each team proceeds down the court, staying on their side of the cones while passing a ball back and forth between the cones.
- 4) Last player with the ball takes a shot on goal.
- 5) After finishing their run they go back to the end of the line.

Lesson: ability to feel comfortable driving backwards and accuracy in passing across court.



# ADVANCE STAR PASSING

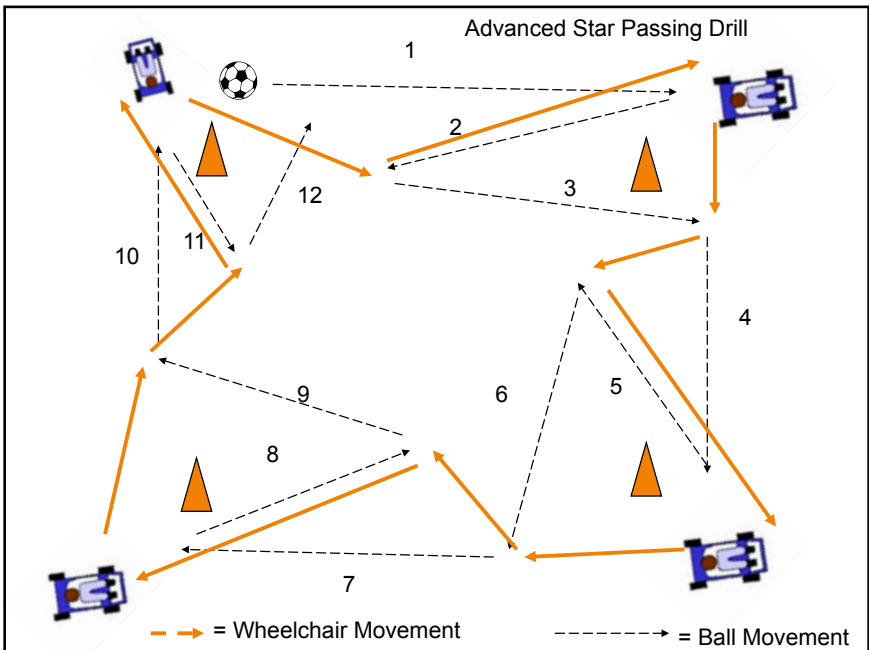
**Equipment:** ball, 4 cones, minimum of 4 athletes

Pass sequence and player movement is indicated by diagram. Passes follow the dotted line and player movement follow the solid line.

- 1) Set athletes and cones in half court
- 2) Player #1 passes to player #2.
- 3) Player #2 passes ball towards center court
- 4) Player #1 moves to center to receive return pass from player #2.
- 5) Player #2 backs around cone and receives return pass from player #1.
- 6) Player #2 passes to player #3
- 7) Player #1 rotates to player #2's position
- 8) Sequence repeats around the square

Lesson: A high level of concentration, communication, individual skill, anticipation and team work is required from all players to be successful.

*Variation: Go the opposite direction*

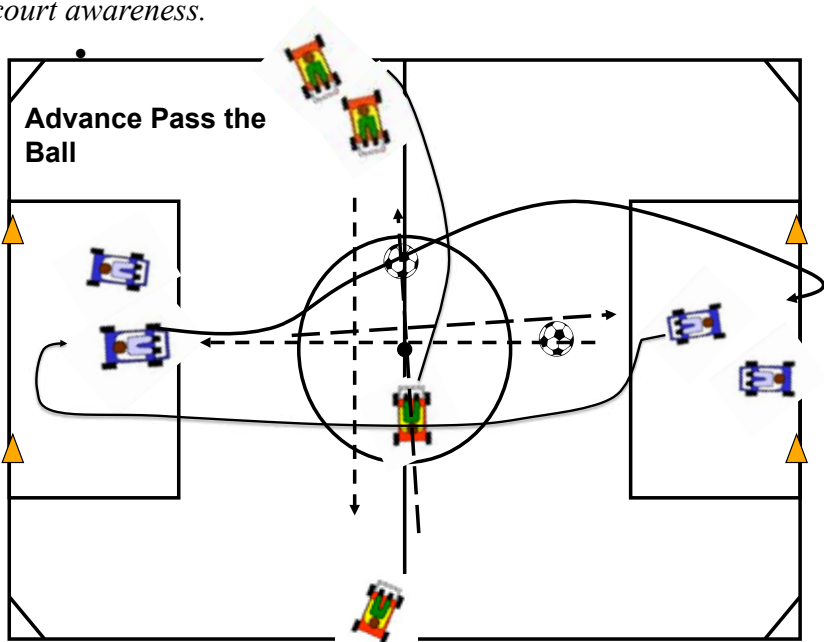


# ADVANCE PASS THE BALL

**Equipment: 2 balls and a minimum of 8 athletes**

- 1) Divide athletes into four groups.
- 2) Place one group on each side of court an equal distance apart, approx 5-7 meters
  - a) North-South group and East-West group are a team and will pass to each other.
- 3) To start the drill a ball is placed 1-2 meters in front of a player on each team. That player will pass the ball forward to one of their teammates directly across from them. Both teams will be passing simultaneously.
- 4) The receiving player passes the ball back across the court to the next player on his/her team.
- 5) After passing the ball the players they quickly move to the end of the line of the players they just passed to.
- 6) Drill is completed upon completing a predetermined number of passes.

*Lesson: precise passing, communication, playing a ball in traffic, court awareness.*



# FOOSBALL

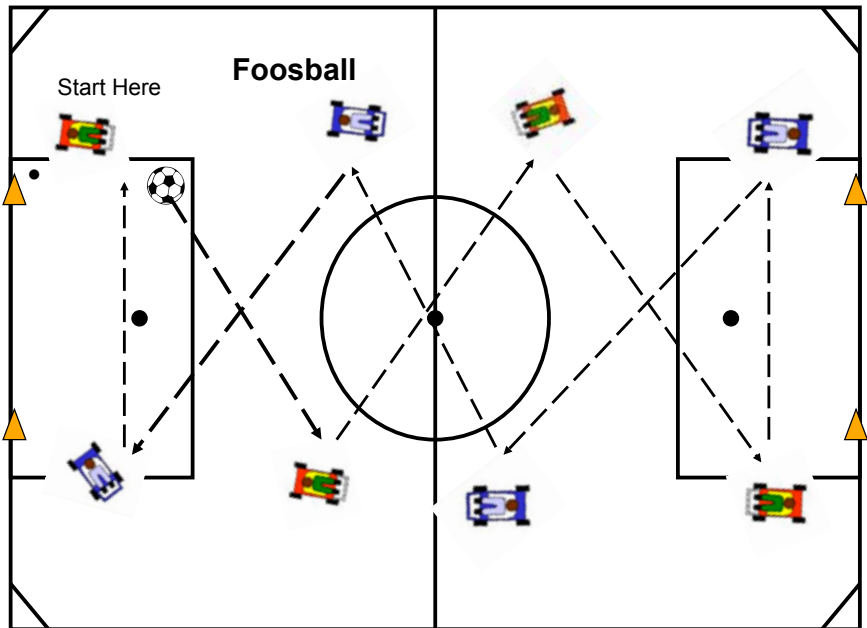
**Equipment: ball and minimum 8 athletes**

- 1) Set athletes as shown below by diagram.
- 2) Ball starts where indicated and is passed on a diagonal as shown.
- 3) Player continues to pass following the diagram.
- 4) Repeat until game is completed with 100% passes

Lesson: Passing accuracy.

*Variation: If a player misses, the drill reverses direction!*

*Variation: Change the position of the players so they have to pass and receive in different locations with different teammates.*



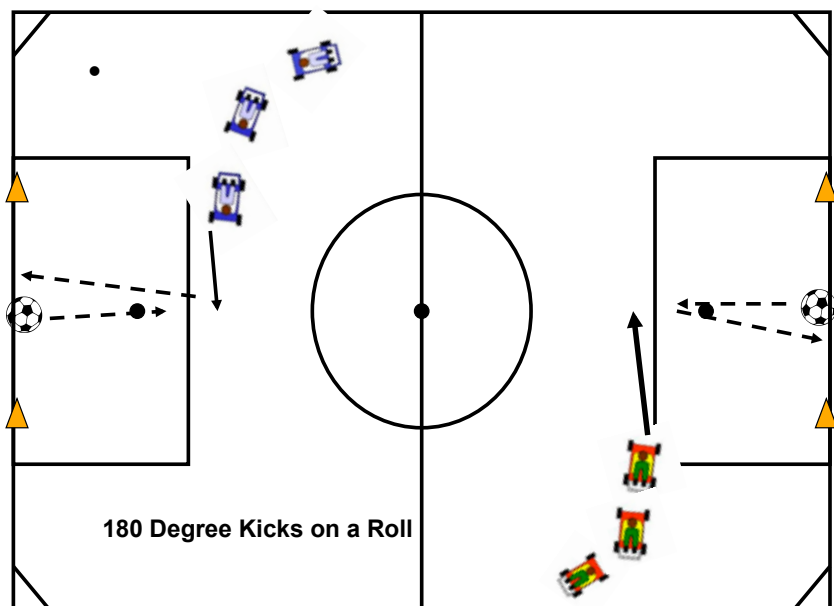
# 180° KICKS ON A ROLL

**Equipment:** ball, 2 cones, any number of athletes

- 1) Set court up as shown below. Athletes are set backwards. Use both ends of court if needed.
- 2) With athlete set up backwards 1-2 meters from center of goal box, an assistant rolls ball from behind goal line.
- 3) After kick, player returns to the end of the line. Players get to kick 10 times from each side.

Lesson: Spin kick practice, shots on goal

*Variation: Use cones to demand more precise shot making, example; set a cone 2 meters from right post on goal line. Player must shoot between cone and post to score.*



**HAVING FUN!**

# **ALL LEVELS**



*Dodge Ball played at Power Soccer Camp, Camp Courage, Minnesota*

# OBSTACLE COURSE

**Equipment: 14 - 18 cones, ball, any number athletes**

1) Set course as shown below.

- Set 8 cones lengthwise down court, approx 1.5 meters apart.
- Set 6 cones along the 3-point line, 3-4 on each side about 2 meters apart
- Set the ball and 2 cones as shown below
- Set goal area as shown

3) Line the athletes at the beginning of the course.

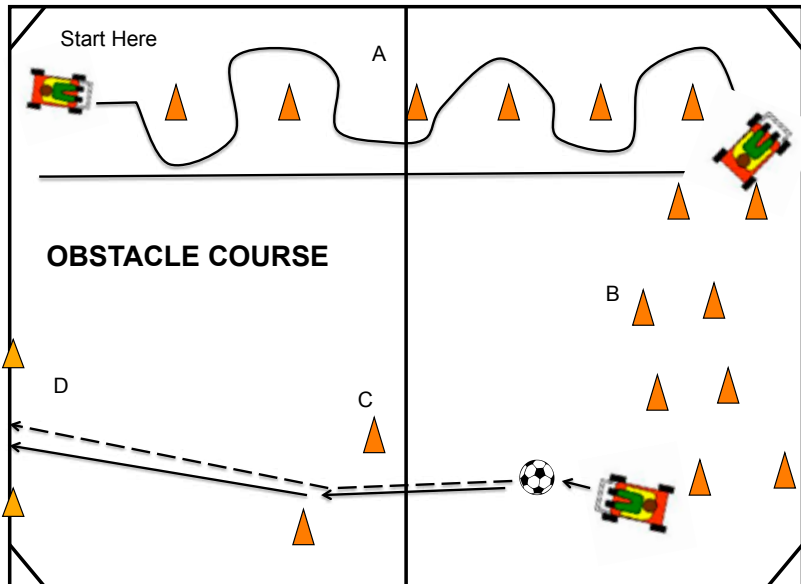
4) Players go forward through the slalom, in reverse along the 3 point line, forward to drive the ball through the goal and cross goal to finish.

5) Time entire course until athlete passes goal line

- if athlete hits cone, add 5 seconds to clock
- if athlete misses goal, add 5 seconds to clock

LESSON: Great introductory drill for new athlete clinics.

Do it twice, beat your own time or a competitors!





# RELAY RACE

**Equipment: 8 - 10 cones, minimum of 4 athletes**

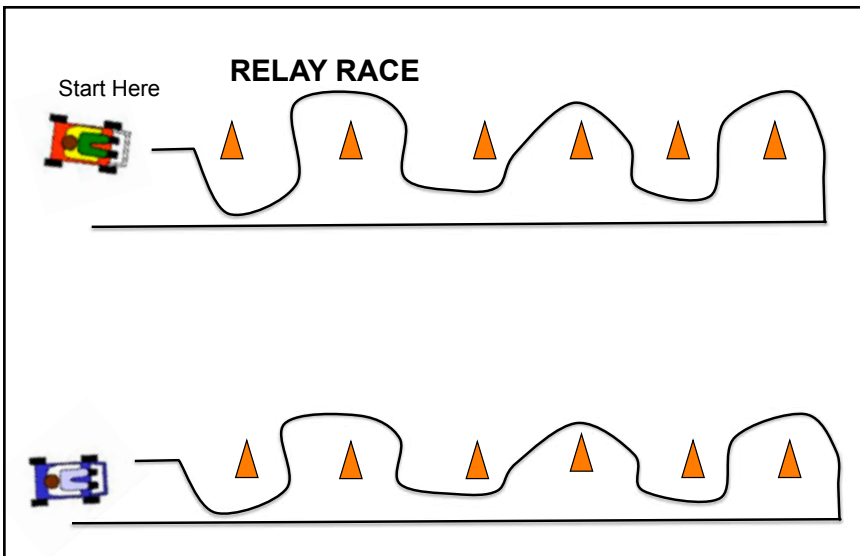
- 1) Set a minimum of 4 cones lengthwise down court in two rows, approximately 2 meter apart.
- 2) Divide players into two even groups
- 3) Line the two teams at one end of the court.  
Have the athletes slalom through the cones and return.
- 4) If athlete knocks over a cone, they have to go through again.
- 5) First team with all athletes through including penalties run, wins!

Lesson: Demonstrating skill under pressure

*Variation: Go backwards*

*Variation: Slalom in both directions.*

*Variation: Slalom with ball.*

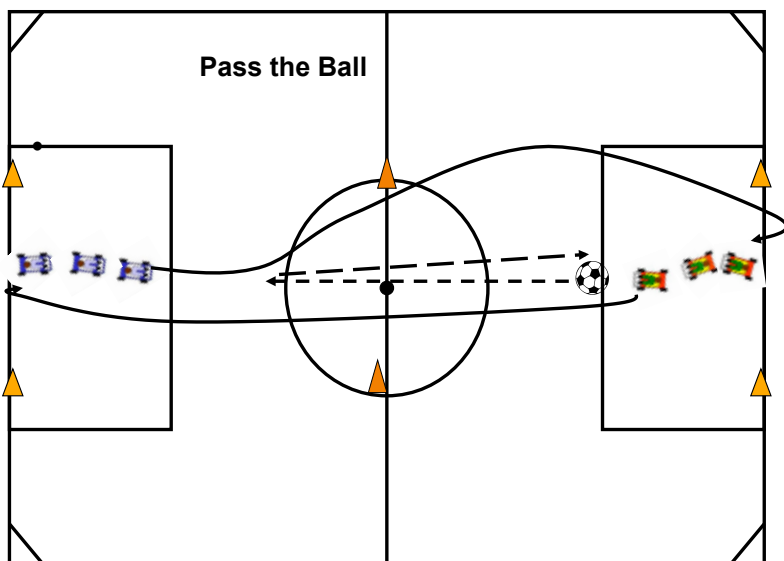


# PASS THE BALL

**Equipment:** ball, a minimum of 6 athletes

- 1) Set cones up at center court across from the mid point line, approximately 5 meters apart.
- 2) Divide athletes into two groups.
- 3) Place one group at each end of the court behind the goal line, in a single row.
- 4) Group one starts with an assistant rolling ball towards them, they strike the ball once in the direction of group two.
- 5) The athlete then moves immediately out of the area so athlete from group two can return the ball to group 1 side, trying to keep the ball down the center lane.
- 6) The passing continues through all the athletes.
- 7) The goal is to have 10 solid passes keeping the ball within the cone area.
- 8) Count out loud and keep track of the kicks as each athlete makes the pass.

Lesson: Great with first timers, learning the feel of striking the ball while moving, a good warm up!



# SPEED KICKS

**Equipment: 2 cones, 2-3 balls minimum, 2 assistants**

1) Set court up as shown in diagram. Goals are set about 1 meter apart. The diagram below shows two areas set.

2) An assistant rolls ball quickly towards athlete.

3) Athletes kicks ball into goal and quickly turns towards the end of the line.

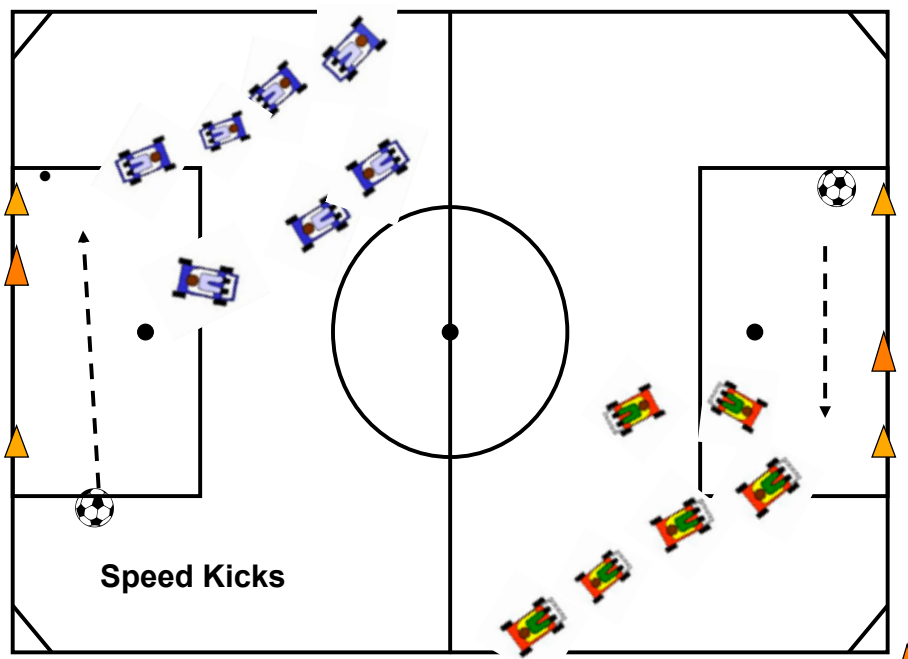
4) A second assistant recovers ball and passes back to ball roller.

5) This drill is done very fast which is why it requires 2-3 balls.

The ball roller rolls ball continuously with no delay.

Lesson: Kicking on the move, quick thinking, developing an attack mentality.

*Variations: Change placement of cones, speed of balls, entry position and distance of starting point of the athlete.*



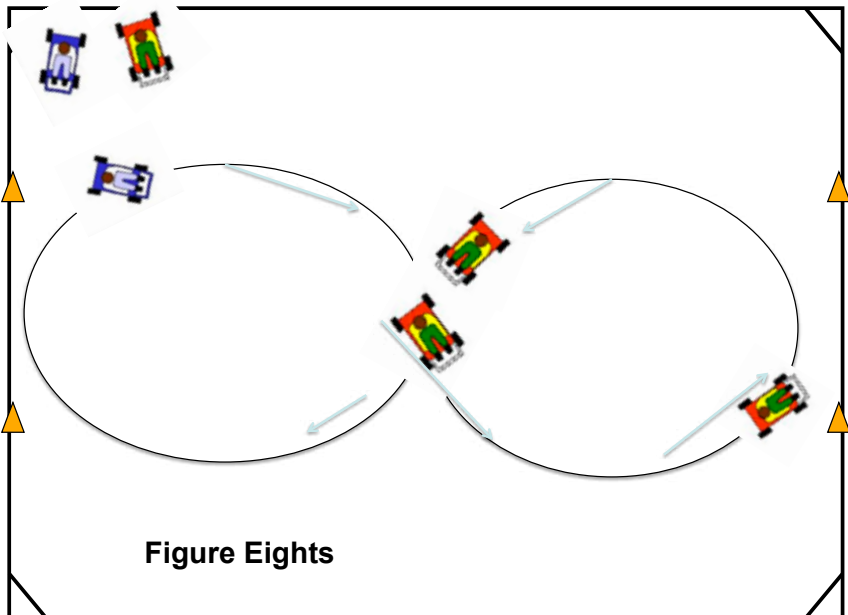
# FIGURE EIGHTS

**Equipment:** any number of athletes.

- 1) Athletes follow an imaginary figure eight the entire length of the court.
- 2) Athletes move quickly around the figure eight course.
- 3) Second athlete starts as the 1st athlete is at the center of the figure eight.
- 4) Athletes will crisscross one another as they continue.
- 5) Continue to add athletes to the figure eight.

*Variation: Once the figure eight has been mastered forward, do it backwards.*

*Variation: Do figure eight with a ball, (!two players maximum)*

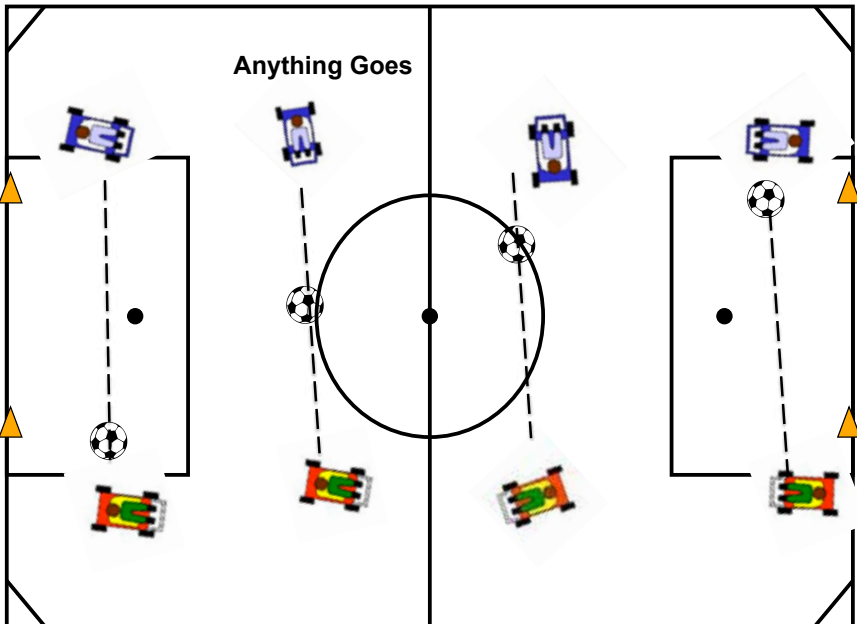


# ANYTHING GOES

**Equipment: 3-4 balls, minimum 6-8 athletes**

- 1.) Set athletes as shown on diagram.
- 2.) Athletes pass the ball across court to their partner.
- 3.) The athletes can strike the ball anyway they would like, forwards, 90°, 180°.
- 4.) Object of the drill is to complete 10 passes to partner.
- 5.) Once skill is accomplished with partner, everyone rotates.

Lesson: Athletes work on their individual skills and learn to work with their teammates.



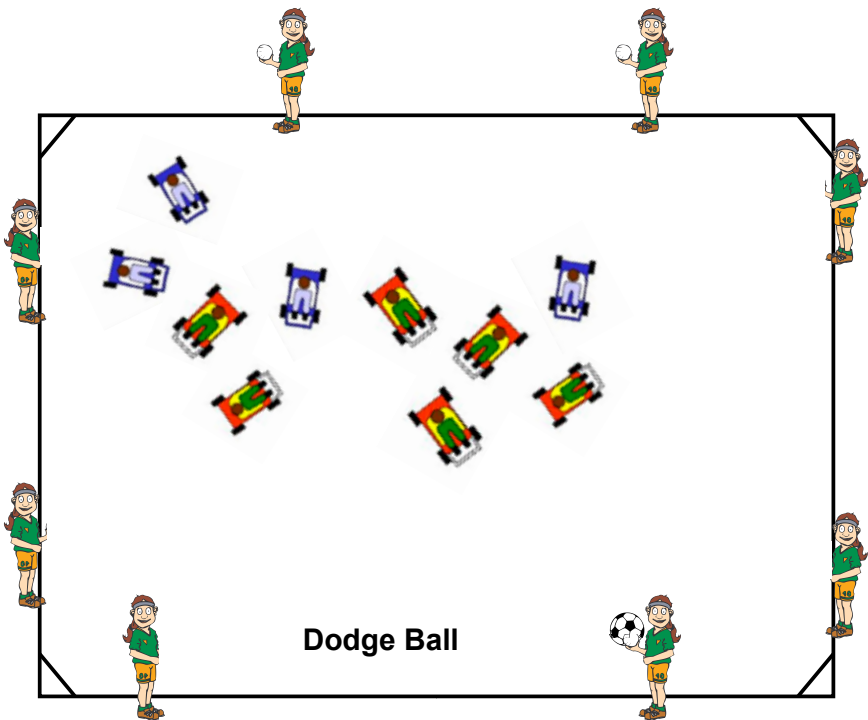
# DODGE BALL

**Equipment: 1 ball, assistants, unlimited # of athletes**

- 1) Decide on court size. This will depend on number of athletes participating. The more athletes the larger the court.
- 2) All athletes in center with volunteers around perimeter.
- 3) Volunteers roll the ball trying to strike an athlete. (Do not kick!) Everyone tried to dodge the ball, If a player runs into another player or is hit by the ball they are knocked out.
- 4) When an athlete is struck out, he/she will leave the court and may assist on the sideline to strike out the remaining players
- 5) Last one in wins!

Lesson: Spatial awareness, quick decision making,

*Variation: If you have a lot of athletes, use two balls*



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