



Micro Drills

Overview

These drills are designed for younger players: the Micro, or 4 and 5 years olds. However, a lot of these can be carried up through the older kids by incorporating more skills, challenges, and techniques the older players can perform.

The most important thing for micro players is to have fun. If it is not fun, then we can lose a lot of kids that simply do not learn to enjoy this wonderful game.

Second, the days of young players standing in line to run up and kick a ball is over. Too often, one child is trying to master a skill and the rest of the team is standing around getting bored. The more time a child has a ball on their foot, the better they become. So, these drills are designed for all kids to be involved at all times.

Before handing out just a bunch of drills for micro, there is a basic philosophy behind them. At the 4 and 5 year old age group, children are basically selfish. The concept of team play and passing is a difficult one for them to grasp. They do not want to share their toys, so why would they want to share a ball? Instead they want to get the ball, dribble it, and shoot to score. That is why the old bumble bee soccer is so common at this age. It will be very difficult to change that with their age.

Instead, let's work with what they can do and create an environment where they can succeed. For them to succeed, they need to know how to control the ball, dribble and shoot. The basic skills of soccer. And they must be able to do this in a crowd. If they are able to do those things, then they will have a great base to build on.

So these drills are aimed to provide them with the basics skills they need to build on and even start working on the next layers of skills without them even knowing it. You will never hear me utter the word pass at a practice, but there are a lot of these drills that set up the basics of passing.

Remember, this is about developing soccer players and having fun. As a coach, you have to think like a little one. Be silly and have fun.



Micro Drills

Basics For a Micro Practice

Items that are needed

- One ball per child minimum. The more balls the better.
- Cones or Discs - A dozen or so.
- Pop up goals - 2 (These are very helpful but not necessary)

Coaches Preparation

- Come with a plan. Do not just show up to the field and wing it. Spend some time before and have a written list of the different drills you want to do. Write down more drills than you think you need. A drill that works one night might not work the next and vice versa. So have extras you can go to. If you see the players are not into a particular drill, get out of it and go to the next. I try to come with at least 8 to 10 drills each night.
- Show up 15 minutes early. It helps you get prepared for the kids and set up the practice. It gives you time to get your shoes on and be ready when your players show up.
- Dress like a soccer coach / player. It creates respect.

A Basic Practice

- Practices run for one hour. Start them on time and end them on time. The parents appreciate this especially once the players get into school.
- Use about 15 minutes for warm up and basic skills drills. This is a very important part which the players usually do not especially like, but you can make it fun.
- Spend the other 45 minutes on different drills. Run each drills as long as the players are interested. This could be a couple minutes to 10 minutes. Do not run a drill too long. (Hence having a lot of drills)
- Give plenty of water breaks.
- Do not be afraid to stop and look at a mushroom or bug someone found. An apple tree was at one end of the field where we practiced. I found I could get my players to do more dribbling skills if I promised them they could all throw an apple over the fence when we got there.
- A scrimmage at the end of practice is not necessary. As you get towards the season it is good to have them understand the game concepts, but it is not something you have to do each practice.



Micro Drills

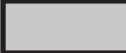
The drills are divided up into two sections: Warm Ups and Basic Drills

It will list:

- The name of the drill
- Equipment needed
- A description of the drill
- What the drill accomplishes
- A diagram of the drill

Players will be represented by an **X**

Balls will be represented by a ●

Goals will be represented by a 

Cones will be represented by a 

Coach will be represented by a **C**

Dribbling or running 

Shooting 



Micro Drills

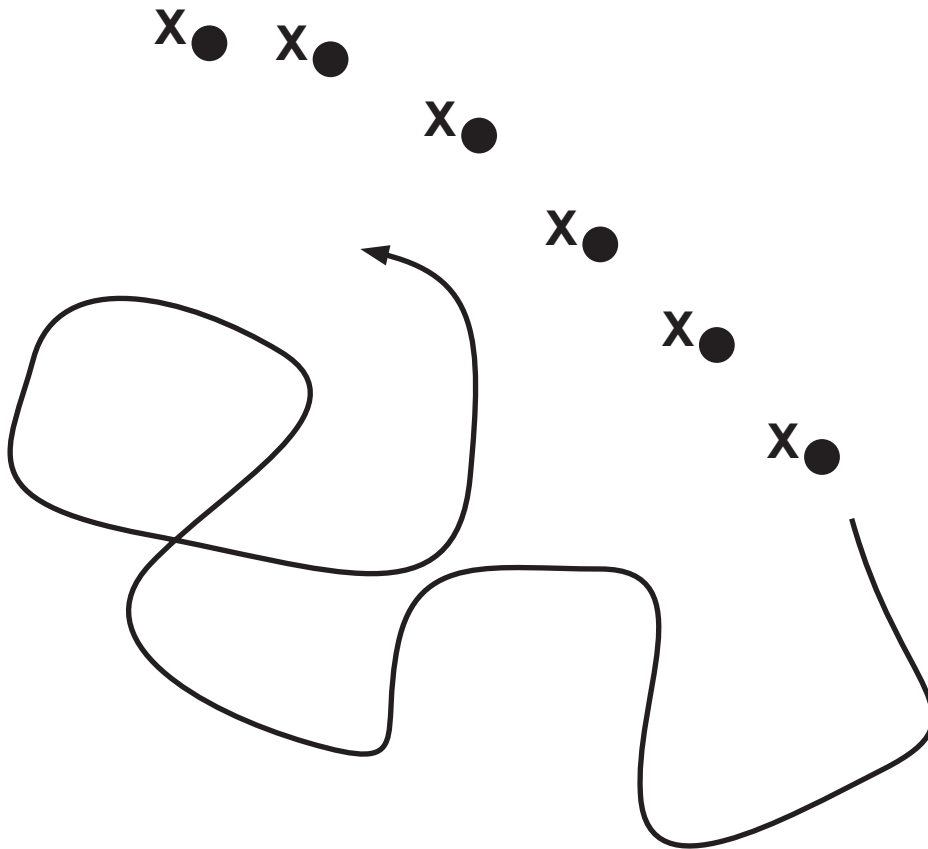
Drill Type: Warm Up

#1 Drill Name: Follow the Leader

Equipment Needed: Ball for each player

Description: Each player has a ball. You pick a player to start dribbling. They are allowed to dribble where ever they want and do what ever they want while dribbling. The other players must follow what they do.

Develops: Dribbling, Vision, Communication, Balls Skills





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Drill Type: Warm Up

#2 Drill Name: Turn Around

Equipment Needed: Ball for each player

Description: Each player has a ball. The player start to dribble. When you yell turn around, all the players turn and go the other way. Work on keeping the ball close to their feet when they turn. Repeat 5 to 10 times only. It gets boring fast.

Develops: This drill is particularly effective come game time and a player wants to dribble the wrong direction. You can yell turn around and the player will immediately turn the other direction. Dribbling, Vision, Communication, Turning Skills





Micro Drills

Drill Type: Warm Up

#3 Drill Name: Skill Drills

Equipment Needed: Ball for each player

Description: Each player has a ball. Have them in a circle. They each do the foot skill drill. This was tough for the players until I started to use a nursery rhyme. Hickory Dickory Dock is what I used. As I said the rhyme, each player did the skill to it. It developed a rhythm for the players and they caught on immediately. There are many more skill drills you can make up or find in other resources.

Develops: Ball Skills, Comfort with the ball

Here is a list of skill drills

- Touch the top of the ball with the bottom of the foot, alternating feet
- Touch the ball back and forth with the inside of the feet
- Ball hop. Hopping over the ball with both feet
- Pushing and pulling the ball with the bottom of the feet. One foot at a time and also alternating feet.
- Push the ball forward with the bottom of the foot, then immediately pull it back with the bottom of the same foot
- Turn a full circle using only the inside of the foot
- Turn a full circle using only the outside of the foot
- Turn a full circle using only the bottom of the foot
- Run around the ball 5 times. Switch direction



Micro Drills

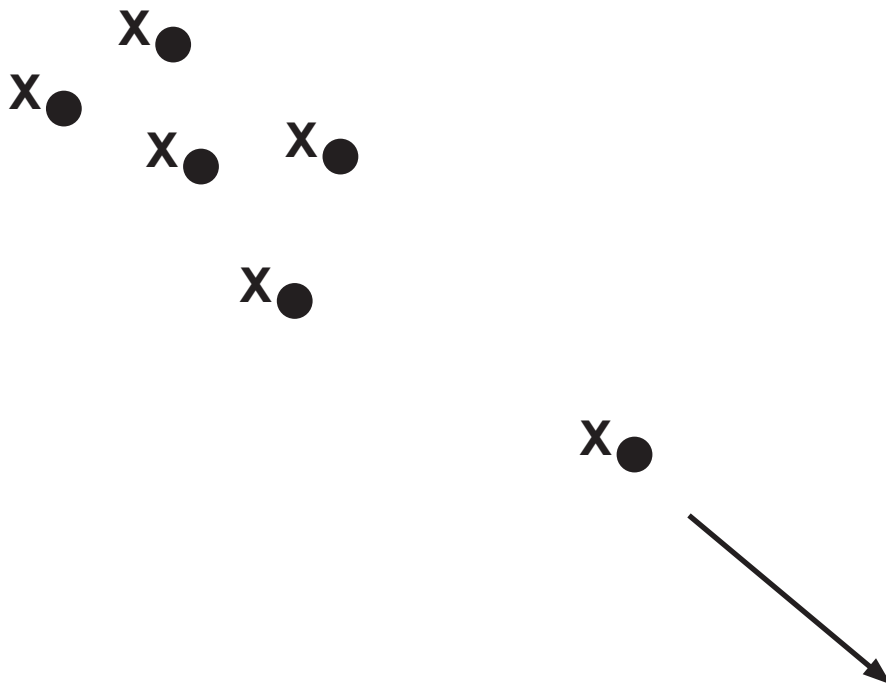
Drill Type: Warm Up

#4 Drill Name: Chase

Equipment Needed: Ball for each player

Description: Each player has a ball. Like follow the leader. You call a player's name. That player starts dribbling as fast as they can and all the other players must chase after them. When a player or two get close, call another player's name and everyone starts to chase them. Make sure each player gets a chance to be chased.

Develops: Dribbling, Vision, Balls Skills, Speed





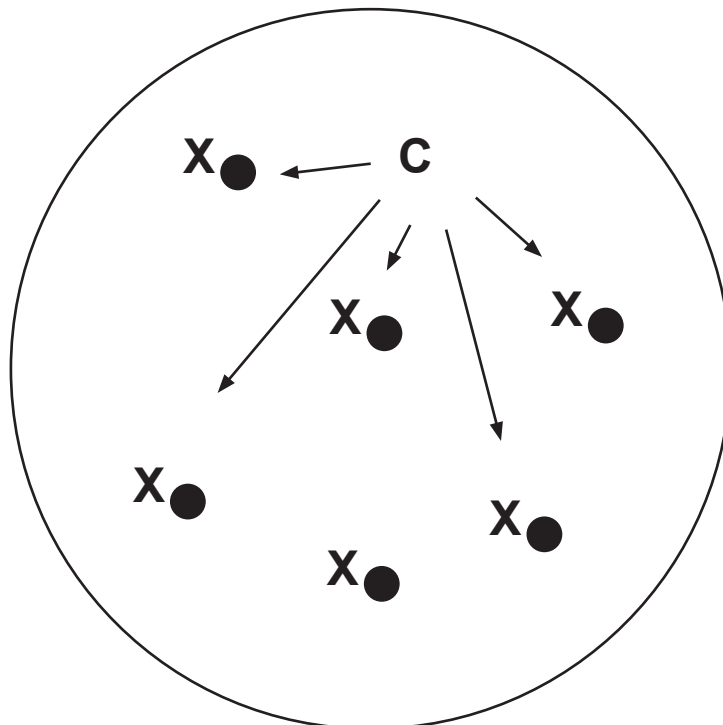
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#5 Drill Name: Monster

Equipment Needed: Ball for each player, discs

Description: Each player has a ball. Put all the players in the center of a circle marked by discs. The coach is a monster trying to get the players and their ball. Now you are a nice monster and are not trying to scare the players, but lots of growls and roars help the effect. The players must stay in the circle. At first, do not kick away their balls, only make them get away from you. Later, as their skills develop, the monster can get their balls.

Develops: Dribbling, Shielding





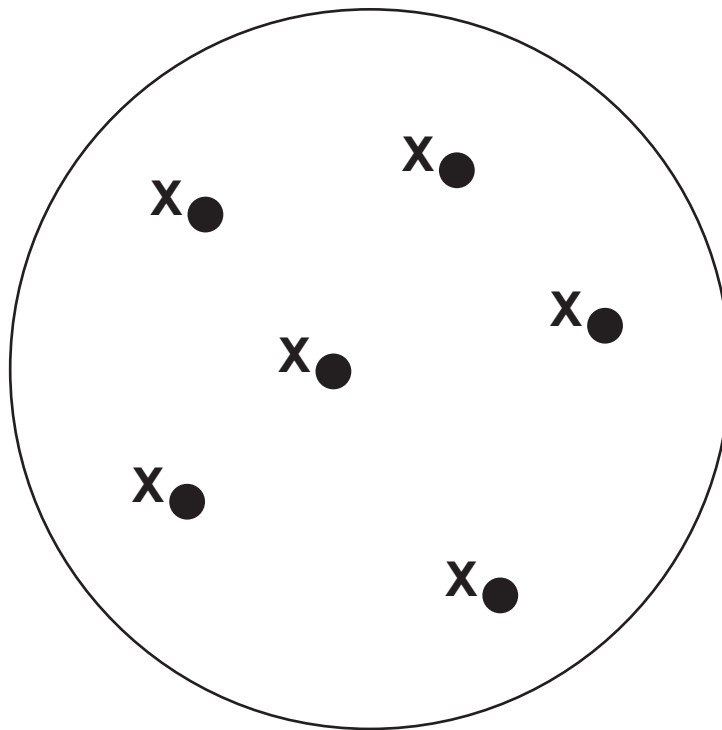
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#6 Drill Name: NASCAR

Equipment Needed: Ball for each player, discs

Description: Each player has a ball. Put them all in the middle of a circle. You call out first gear and all the players have to dribble slowly. Move to second gear and they all speed up. Third gear pretty fast, and fourth gear the players are dribbling as fast as they can without running into each other and staying inside the circle. Shift back down. Yell reverse and all the players have to immediately turn around and start dribbling the other way.

Develops: Dribbling, Vision, Turning Skills, Speed





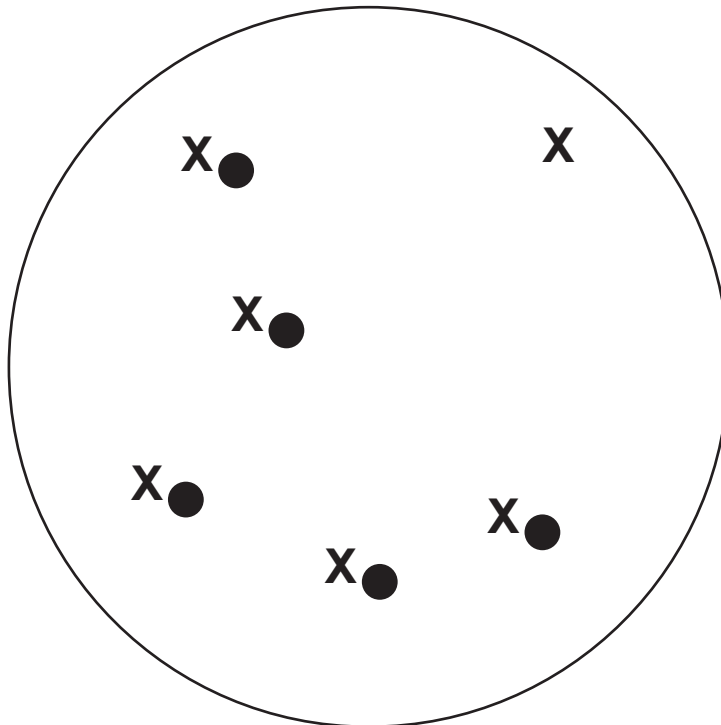
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#7 Drill Name: Freeze Tag

Equipment Needed: Ball for each player, discs

Description: Each player has a ball. Put all the players in the center of a circle marked by discs. One person is it and tries to tag all the other players. At first this player can be it without a ball, introduce a ball to the player being it as they progress. When a player is tagged by the person who is it, they must stand with their legs spread. To un-freeze a player, another player must pass a ball through the frozen players legs.

Develops: Dribbling, Passing, Shielding, Teamwork, Speed





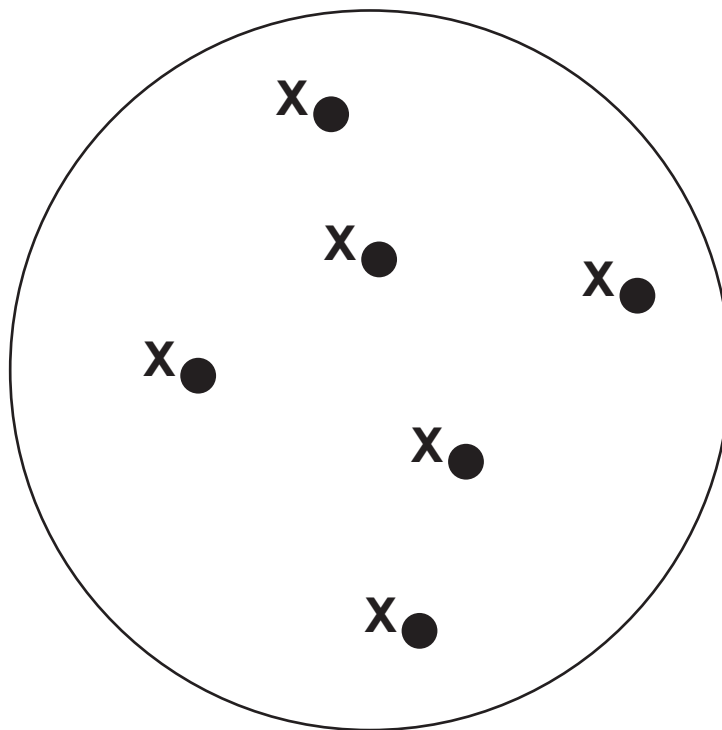
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#8 Drill Name: Snowball Fight

Equipment Needed: Ball for each player, discs

Description: Each player has a ball. Put them all in the middle of a circle marked by discs. Each player dribbles around in the circle and tries to hit another player's ball with their ball. When they do, they have to loudly yell SPLAT!

Develops: Dribbling, Vision, Passing, Shielding





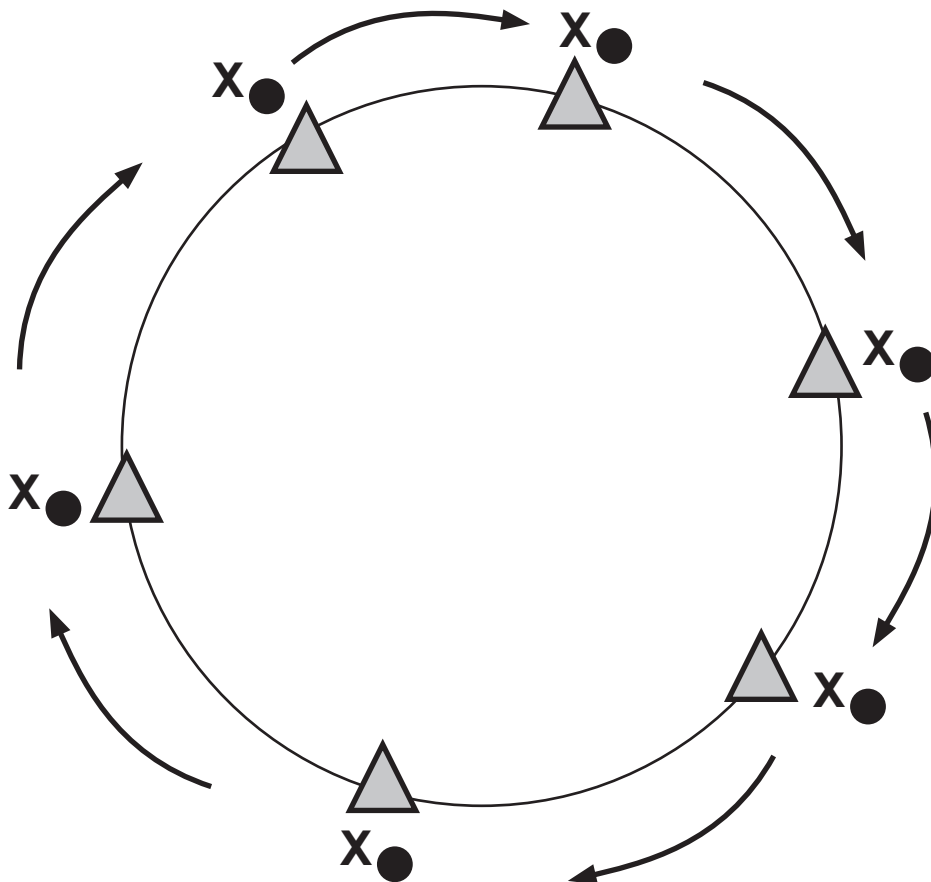
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#9 Drill Name: Speed Racer

Equipment Needed: Ball for each player, discs

Description: Each player has a ball. Put all the players on the outside of a circle marked by discs with each player at a different disc. You tell the players they are in a very important race and they have to dribble around the outside of the circle as fast as they can and get back to their disc. When they get back to their disc, they must stop the ball and have one foot on the ball. On You Mark, Get Set, GO! Vary the race by number of laps and direction they go around the circle.

Develops: Dribbling, Speed, Ball Control





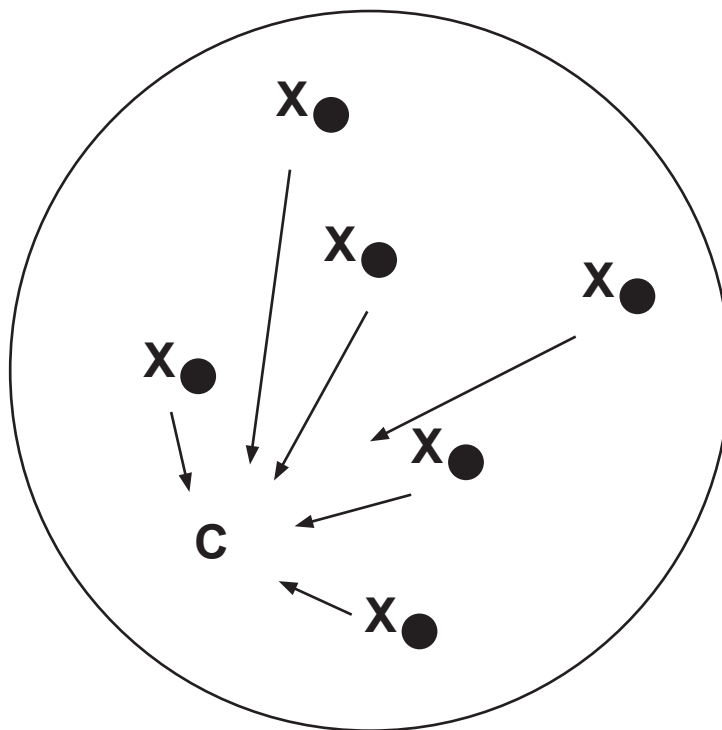
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#10 Drill Name: Hit the Coach

Equipment Needed: Ball for each player, discs

Description: One of my team's favorites. Each player has a ball. Put them all in the middle of a circle marked by discs. Each player dribbles around in the circle and tries to hit the coach with their ball. The coach runs to try to avoid being hit. When a player hits the coach, they get to call out the name of an animal. The coach then has to run around the circle like that animal and make the noises that animal makes. When the coach is hit by another player, that player gets to call a new animal.

Develops: Dribbling, Vision, Passing, Shooting





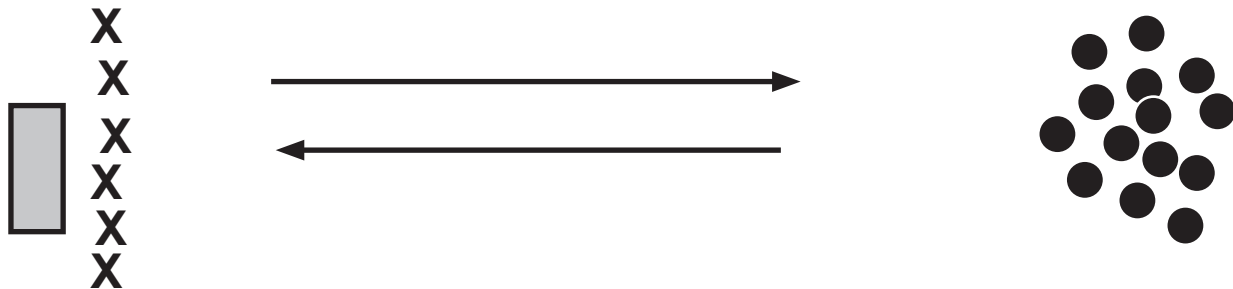
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#11 Drill Name: Go To Goal

Equipment Needed: As many balls as possible, Small goal

Description: Place all the balls in the middle of the field. Put all the players at the goal. On the count of 3, all the players run out and get a ball. They then must dribble the ball back and shoot it into the goal. When they get the ball in the goal, they run back, get another ball and repeat the same. This continues until all the balls are gone. Get parents to help move balls that have been scored with back to the middle to allow the drill to run longer.

Develops: Dribbling, Vision, Shooting, This drill really creates a situation where they learn to dribble in a crowd. First time I used this, the players crashed all over each other. By the end of the season, they were making moves to avoid one another. One of my favorites.





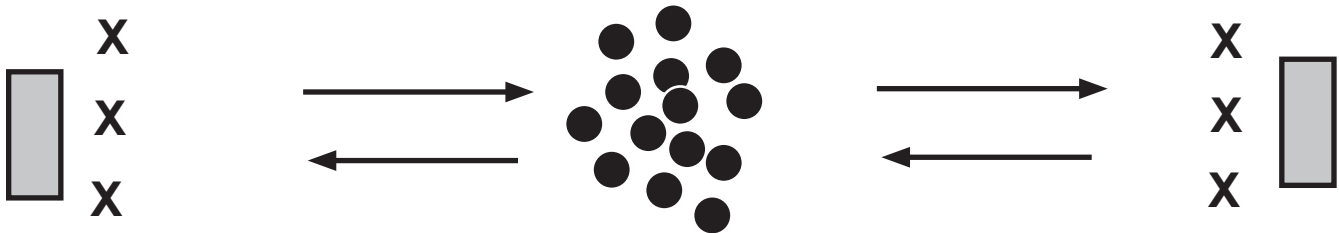
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#12 Drill Name: Race

Equipment Needed: As many balls as possible, 2 small goals

Description: Very similar to Go to Goal, except you have two goals and two teams. The teams are competing to see which one gets the most goals. Place all the balls in the middle of the field. Put half the players at one goal and half at the other. On the count of 3, all the players run out and get a ball. They then must dribble the ball back and shoot it into the goal. When they get the ball in the goal, they run back and get another ball and repeat the same. This continues until all the balls are gone. Get parents to help move balls that have been scored with back to the middle to allow the drill to run longer.

Develops: Dribbling, Vision, Shooting.





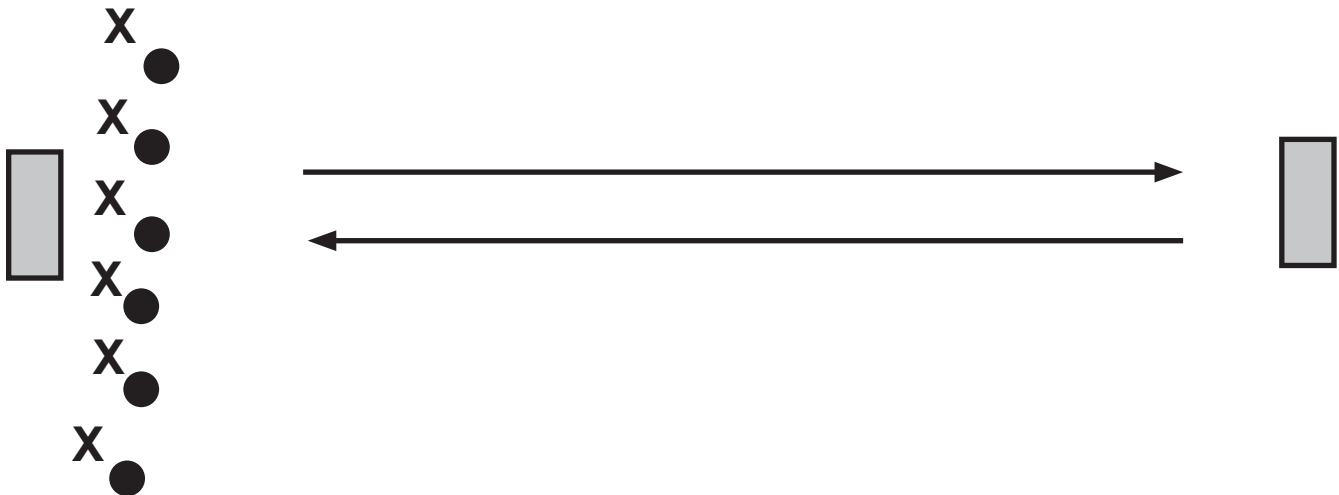
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#13 Drill Name: Camp Town Races

Equipment Needed: One ball per player, 2 small goals

Description: Set up the goals at each end of the field. Each player has a ball starting in front of one of the goals. The players dribbles the ball the length of the field, shoots and scores. Once they score, they get the ball out and dribble back to the goal they started at, then shoots and scores. You can make this once or twice down and back.

Develops: Dribbling, Vision, Shooting.





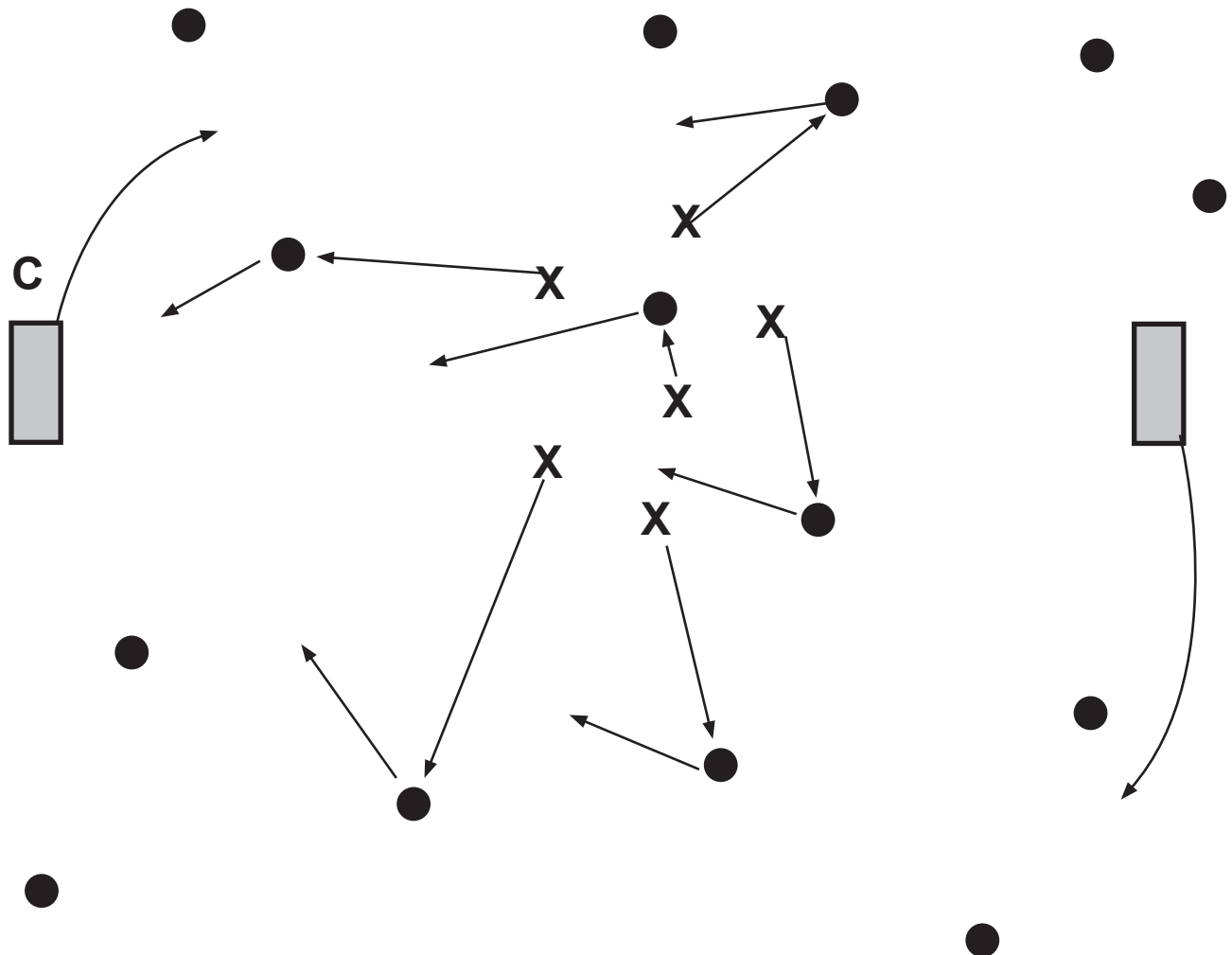
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#14 Drill Name: Go Score

Equipment Needed: As many balls as possible, minimum 2 per player, Pop up goals

Description: Spread the balls around the field. Set up the two goals opposite each other. Point to a goal and say go score. All the players run to a different ball, dribble the ball to the specified goal, shoot and score. Once they score, they run to another ball and do the same but shoot at the second goal. While the players are shooting at the second goal, the coach moves the first goal and kicks out the balls in separate direction. The players continue to alternate goals and the coach moves the goals after each set of shots. Turn the goals in different directions so the players have to dribble around the goal to shoot.

Develops: Dribbling, Shooting, Vision





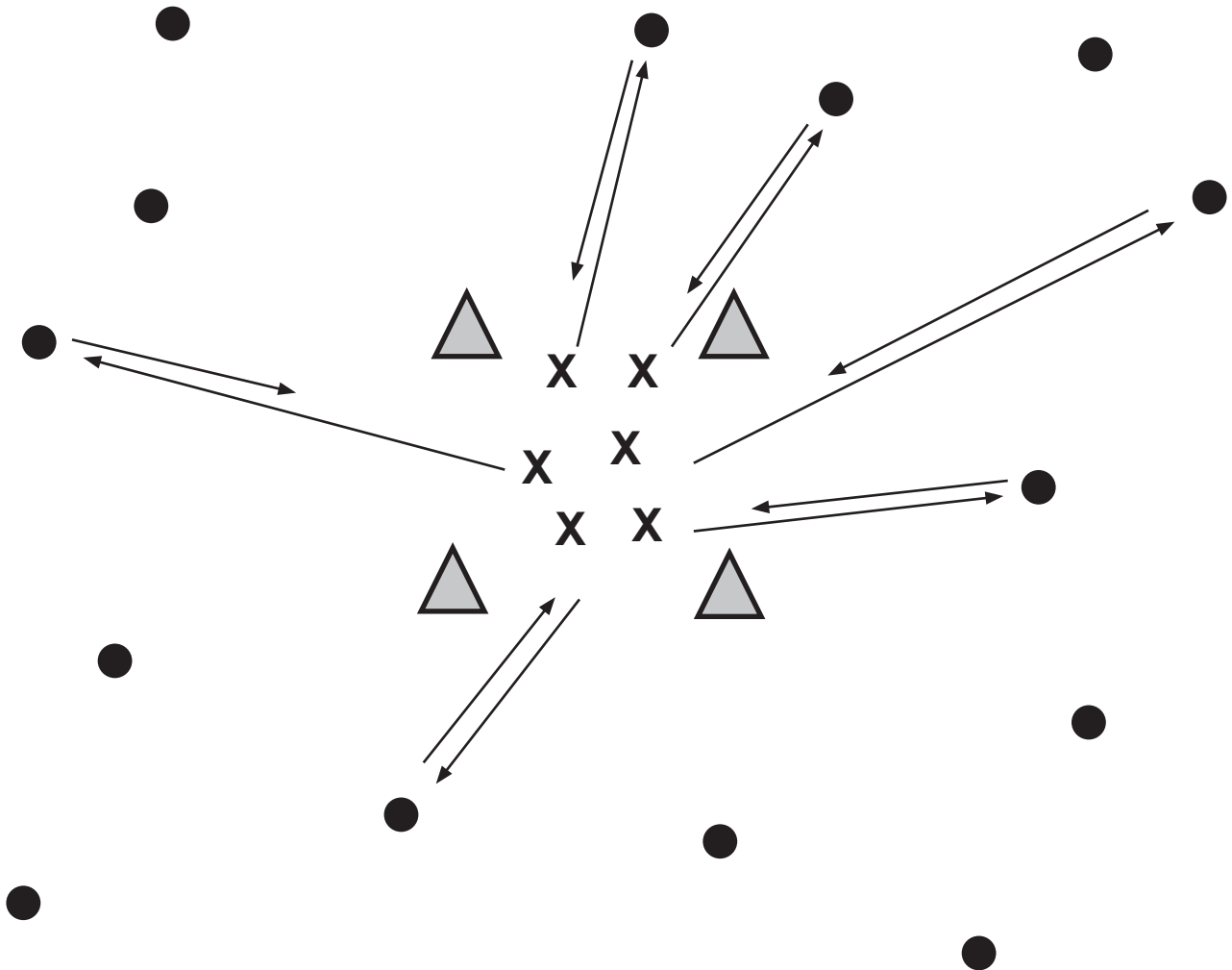
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#15 Drill Name: Treasure Chest

Equipment Needed: As many balls as possible, cones

Description: Set up a square in the middle of the field. Spread the balls all over the field. All the players start in the middle of the square, or the treasure chest. When the coach says go, all the players head out into the ocean, get a ball, dribble it back and they have to stop the ball in the treasure chest. Once the ball is stopped in the treasure chest, they can go out and get another ball. Re-distribute the balls as the players go back out of the treasure chest to prolong the drill. As the players improve, the coach can become a pirate that tries to take the balls from the players as they bring them back to the treasure chest.

Develops: Dribbling, Vision, Trapping, Ball Control, Shielding.





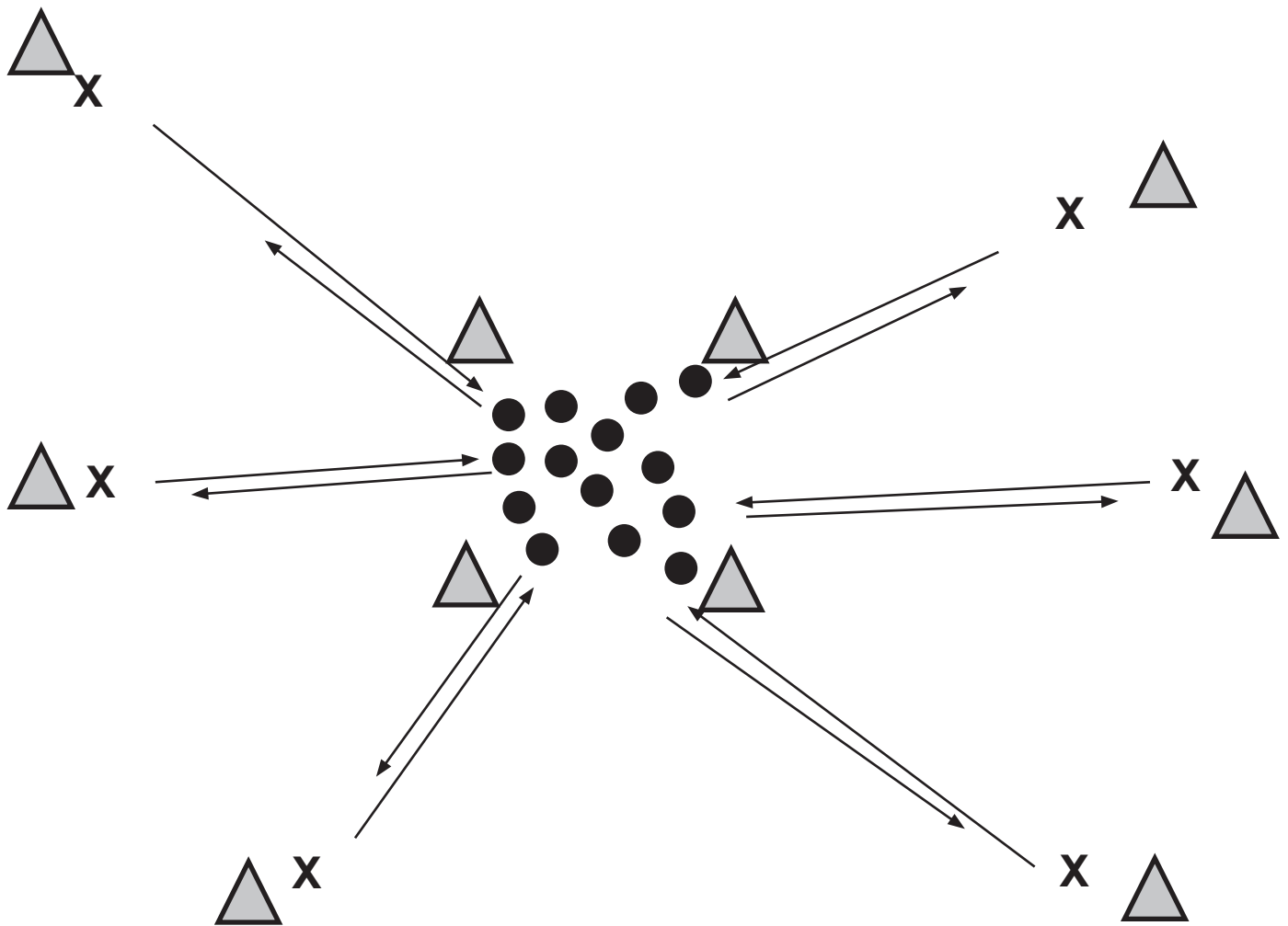
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#16 Drill Name: Bank Robber

Equipment Needed: As many balls as possible, Cones

Description: This is sort of opposite of Treasure Chest. Put all the balls into the middle in a square of cones. This is the bank. Set a cone, their hideout, for each player out equal distance from the bank. Each player stands by their cone. When the coach says go, the players run to the bank, steal a ball from the bank and take it back to their hideout. The ball must be stopped at their cone, then they can try to get back to the bank for another ball. Once they progress, the coach can be added as a Sheriff to intercept the players stealing the balls from the bank.

Develops: Dribbling, Shooting, Vision





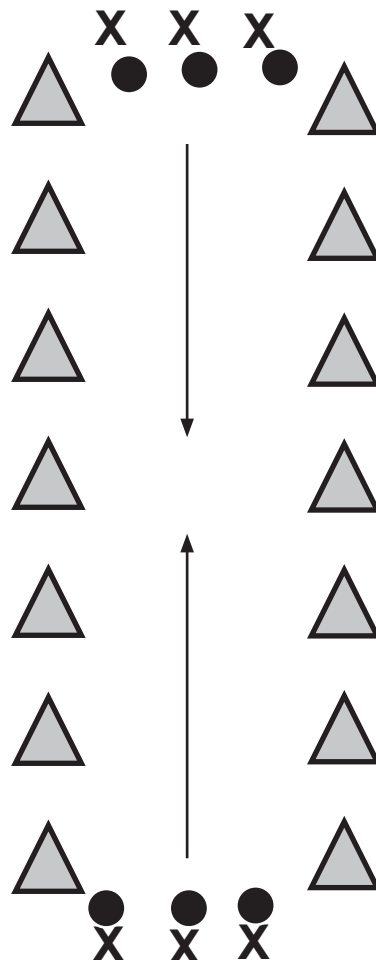
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#17 Drill Name: The Gauntlet

Equipment Needed: One ball per player, cones

Description: Set up two lines of cones about 10 to 15 yards long just wide enough for 3 or 4 players to stand side by side in. Put half the players at one end and half at the other. On go, the players dribble their ball to the other end and back, avoiding the oncoming players. You can do one, two or three times down and back.

Develops: Dribbling, Vision, Ball Control





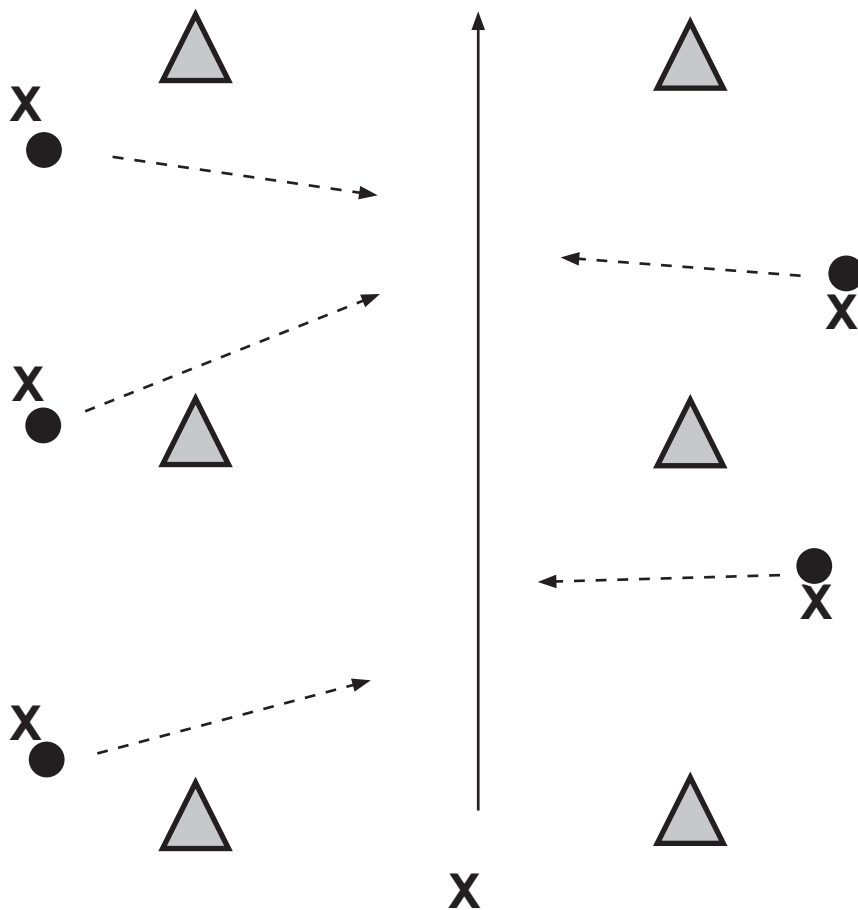
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#18 Drill Name: Astroids

Equipment Needed: One ball per player, Cones

Description: Set up a rectangle about 15 yards long by 10 yards wide. Line up all but one of the players on the sides of the rectangle with a ball. The other player is at the end of the rectangle. On go, the player at the end of the rectangle tries to run to the other side. The players with the balls try to hit the running player below the waist with their ball. The first person that does gets to run next.

Develops: Passing





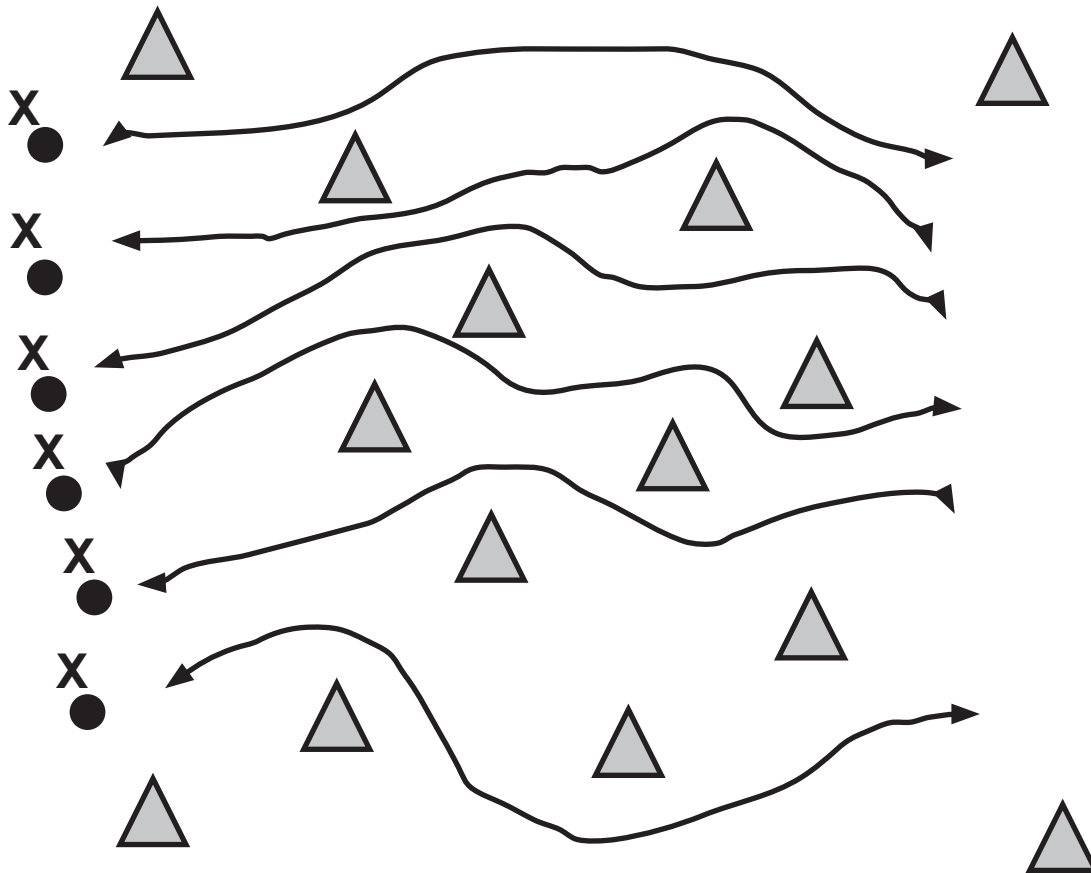
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#19 Drill Name: Pinball

Equipment Needed: One ball per player, cones

Description: Set up a rectangle of cones about 15 yards by 10 yards. Each player should be on one side of the rectangle with a ball. When the coach says go, they dribble across the rectangle and back as fast as possible, then stop the ball with their foot on top of it. Add cones randomly to the inside of the rectangle and do it again. Players must avoid the cones. Keep adding cones until done.

Develops: Dribbling, Vision, Ball Control





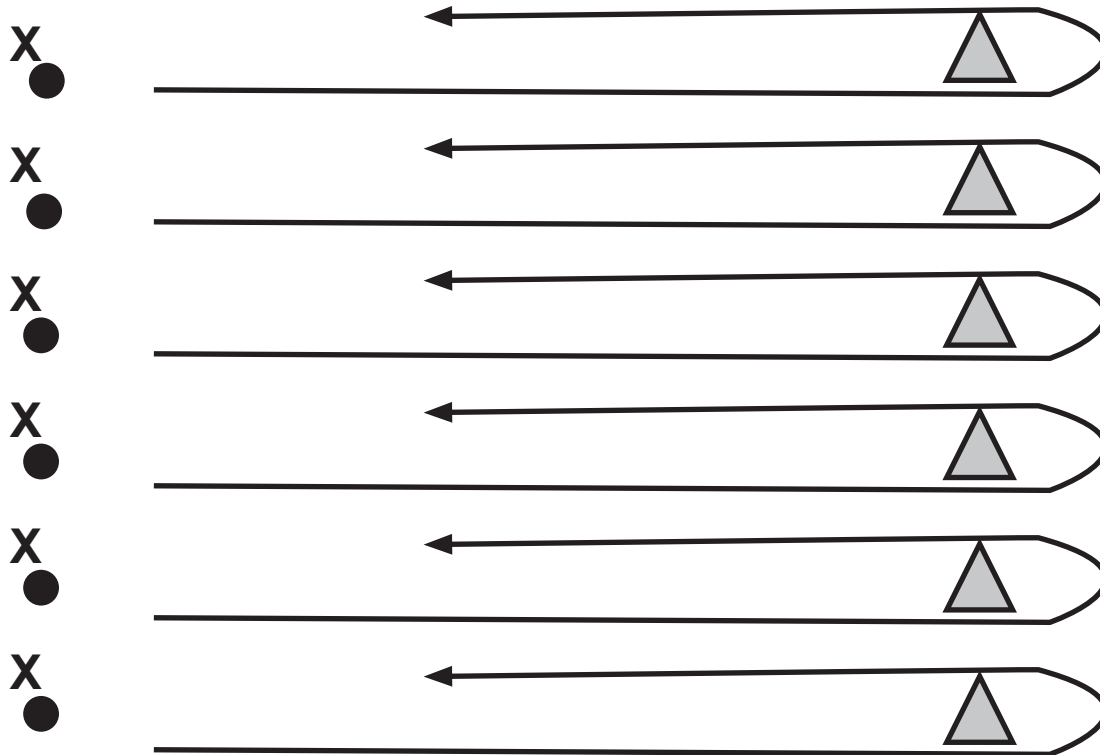
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#20 Drill Name: Race Around the Cone

Equipment Needed: One ball per player, Cones

Description: Line up all the players. Set a cone immediately opposite each player about 15 yards away. Have the players dribble as fast as possible around the cone and back, stopping the ball with the bottom of their foot where they started. You can do this drill with both feet, right foot, left foot, inside of the feet, outside of the feet. Emphasize stopping the ball at the end.

Develops: Dribbling, Speed, Ball Control, Trapping





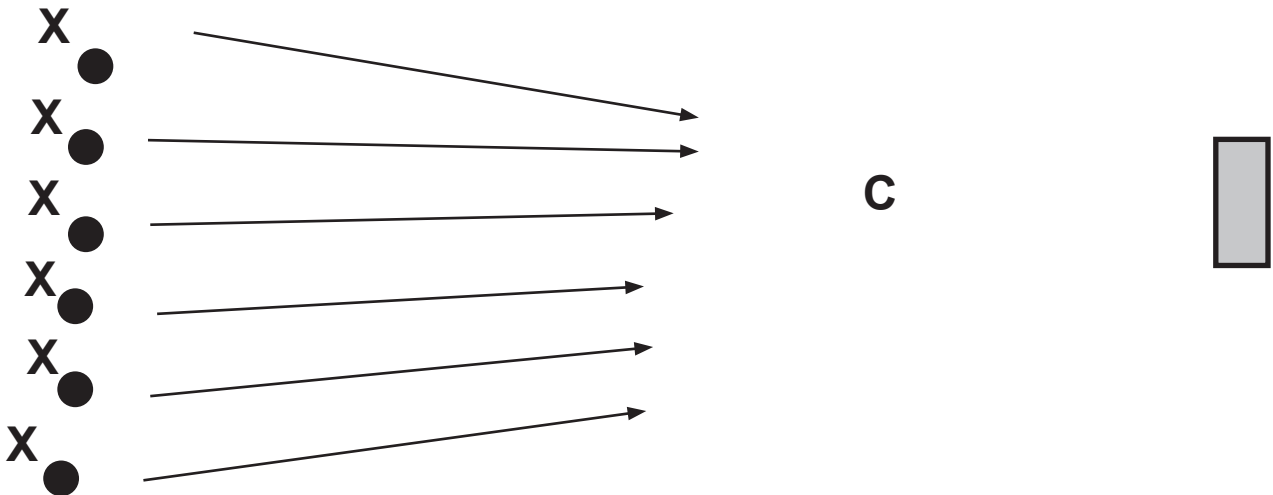
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#21 Drill Name: Beat the Coach

Equipment Needed: One ball per player, more if possible, 1 small goals

Description: The coach lines up in front of the goal. Play about 6 yards out, so you are more of a last defender than a goalkeeper. Each player has a ball starting at mid-field. The players dribble the ball at the goal and try to score. The coach “attempts” to stop the players from scoring. If you get a player’s ball, knock it back towards mid-field and they have to chase it and attempt to score again. If the player scores, have the extra balls sitting at mid-field and the player runs back, gets one of the extra balls and attempts to score again.

Develops: Dribbling, Vision, Shooting.





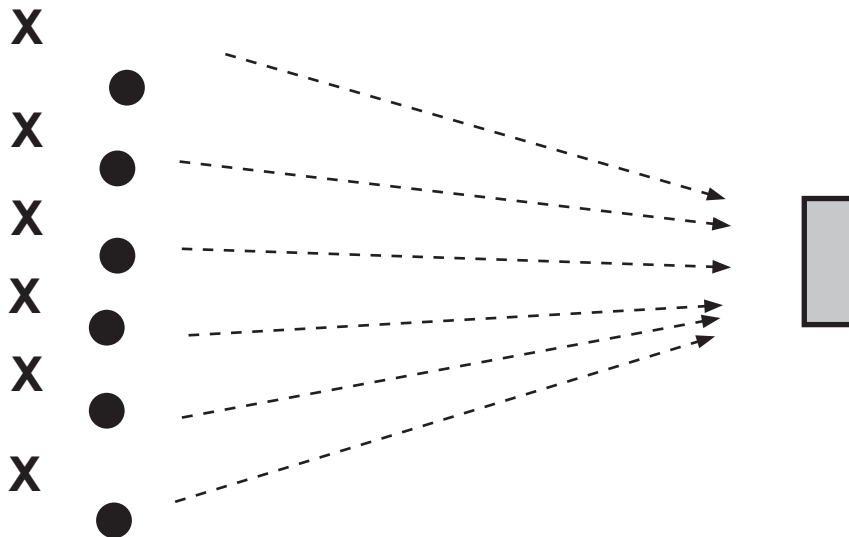
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#22 Drill Name: 1, 2, Shoot

Equipment Needed: One all per player, Small goals

Description: This drill is to get the players to develop a rhythm and shot. Do not do it for too long, but it is a nice break to use after a drill with a lot of running. Line all the players up with a ball about 6 yards out from the goal. Have each player take two steps back. The coach then says "1, 2, Shoot". The players will take one step on 1, a second step on 2, and then shoot on goal. Make sure to use proper technique using the top of the foot, not the toe.

Develops: Shooting





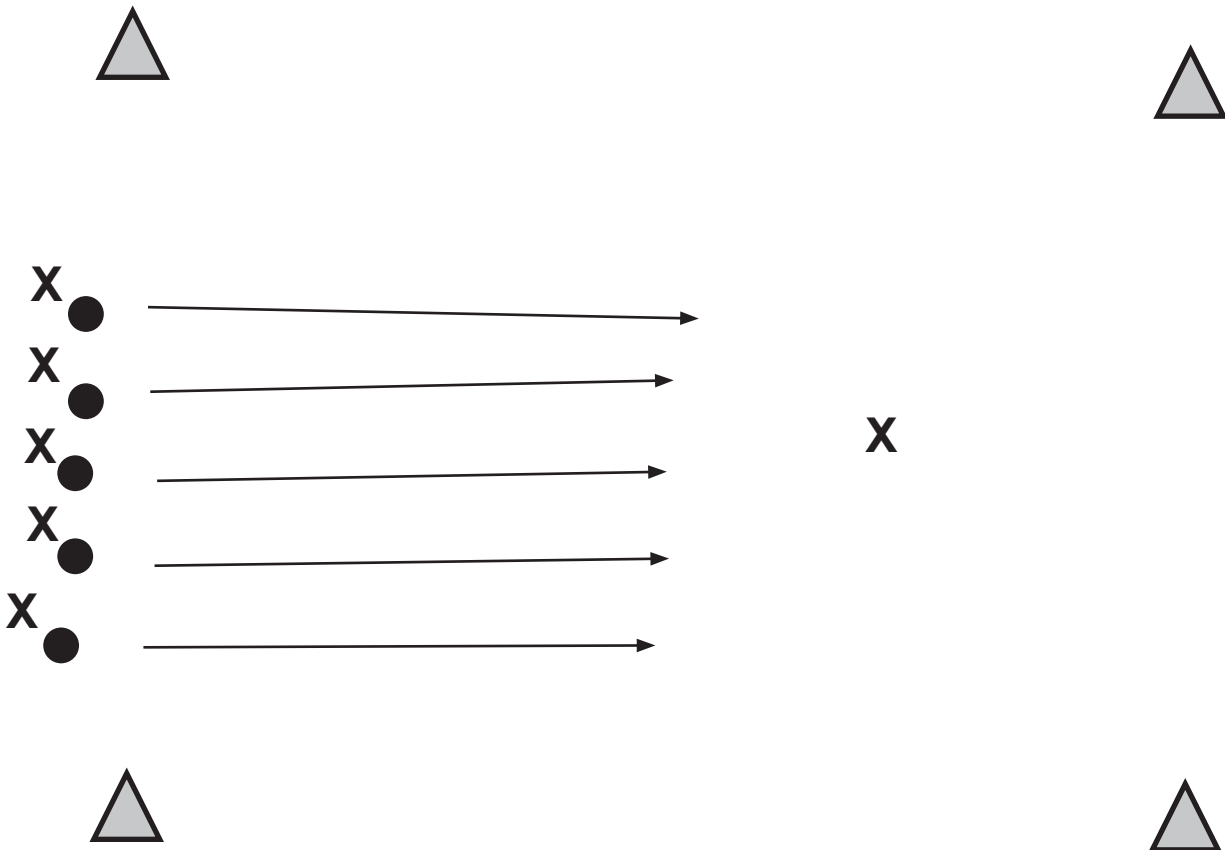
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#23 Drill Name: Sharks and Minnows

Equipment Needed: One ball per player, Cones

Description: Set up a 15 yard by 15 yard area. Line up all the players but one with a ball on one side of the area. These are the minnows. The other player is the shark. When the minnows dribble across the area, the shark tries to take their ball. If the shark succeeds in taking the ball, that player becomes a shark also. Continue back and forth until there are no minnows left.

Develops: Dribbling, Vision. Defending





Micro Drills

#24 Drill Name: Trick or Treat

Equipment Needed: One ball per player, cones, deck of card, parents

Description: Form a large circle with the cones and have all the plyyers inside the circle. Place 6 to 8 parents around the outside of the circle and give each of them a handfull of cards. The players will dribble around the circle and up to a parent. They have to stop the ball with their foot on the top of the ball and say trick or treat. If the player does this properly, they earn a card. The winner is the one that ends with the most cards. As you advance, have the players perform different skills when they reach a parent. Touch the top of the ball 6 times, ball hop 5 times, etc.

Develops: Dribbling, skills, vision

