



THROW INS & RUNNING

SOCCER DRILLS & SKILLS



Throw In to a Small Target: Standing behind a line the child will throw the soccer ball at a target 6 feet away. After throwing the ball at the target, the child steps toward the target. As the child improves, increase the distance away from the target by 3 feet.

Run Backwards and Sideways: The child will practice running backwards for 20-50 feet from the starting point. The child will also practice running sideways, right and then left. As the child improves, have him/her increase his/her speed.

Game: Race & Score

Children will dribble from one end of the field to the other and kick (Shoot) the ball into the "goal".

