

SHOOTING STARS SOCCER SKILLS & DRILLS

1. DRIBBLING

SKILL –

- a. Use the instep of your foot to control the ball (don't use toe)
- b. Keep soccer ball close to feet (don't kick and run to the ball). You should touch the ball about every 3 steps.
- c. When dribbling keep head up and eyes forward (Remind players to try and use both feet).

DRILL – Dribble Stacks

Equipment Needed: Balls

Set Up: No set up needed.

How To:

1. Place players into stacks
2. The first person of each stack dribbles either to half field or full field and come back.
3. Continue through each player in the stack.

2. PASSING

SKILL –

- a. To pass the ball on the ground to a teammate, use the instep of their foot.
- b. Players kicking foot is typically on the same side of the body as the hand you write with.
- c. Step to the outside of the ball and point your non-kicking foot in the direction that you wish the ball to go in..
- d. Follow with kicking foot in order to strike the ball with the instep foot (don't use toe in order to pass the ball).

DRILL – Passing Stacks

Equipment Needed: Balls

Set Up: No set up needed.

How To:

1. Place players into pairs.
2. Then split the pairs into 2 stacks.
3. The players should spread out to half field with about 5 feet in between each other.
4. Have the players pass the ball from one end to the other.

3. SHOOTING

SKILL –

- a. Use shoelace part of shoe to strike ball.
- b. To shoot the balls on the ground have head and knee over the ball.
- c. To shoot the ball in the air lean back.
- d. Aim by pointing your non-kicking foot (plant foot) in the direction you want your shot to go.

DRILL – Shooting Stacks

Equipment Needed: Balls, Cones, Goals

Set Up: Set up playing field with cones and goals.

How To:

1. Players should get in one or two stacks in front of the goal.
2. One at a time the players should take shots on the goals.

4. TRAPPING

SKILL –

- a. Use instep and bottom of shoe.
- b. As a ball is rolling towards you, use either area to stop the ball.
- c. Use the lower part of the instep so the foot is more than half way up the ball.
- d. Do not try to step on the ball.

DRILL – Partner Trapping

Equipment Needed: Balls

Set Up: No set up needed.

How To:

1. Place players in pairs.
2. Pairs should work on passing back and forth trapping the ball.
3. The better they get, the further apart they should be from one another.

5. LONG BALL

SKILL –

- a. Use shoelace part of foot.
- b. Fundamentals of shooting are similar to kicking the long ball.
- c. Aim is determined by pointing your non-kicking foot (plant foot).
- d. Kicking the ball in the air is accomplished by leaning back.

DRILL – Boot Ball

Equipment Needed: Balls

Set Up: Create playing field with cones.

How To

1. Place players into stacks.
2. Have players take turns taking a goal kick.
3. One player should be in the field to get ball and bring back to the line.

6. AIM

SKILL –

- a. Players should be reminded that pointing their non-kicking foot (plant foot) is how they aim.
- b. Keeping knee and head over ball is the proper way to kick the ball on the ground.
- c. Leaning back allows the player to kick the ball in the air.

DRILL – Target Practice

Equipment Needed: Balls, Cones

Set Up: Set up a cone with ball on top.

How To:

1. Have players form stacks in front of the cone without the ball on top.
2. First person in line should try to knock the ball off the cone by kicking another ball at it.

7. ONE TOUCH

SKILL –

- a. Keep body and feet moving, in order to be ready to one touch a ball (Jogging in place).
- b. The easiest way is to use the instep of their foot.
- c. To control a one-touch pass, kick the upper half of the ball in order to keep the ball on the ground.
- d. To one-touch shoot at upper corners of goal, kick the lower half of the ball to get it up in the air.
- e. Angling instep determines the direction in which you wish to kick the ball.

DRILL – One Time

Equipment Needed: Balls

Set Up: No set up needed.

How To:

1. Place players into stacks.
2. The Instructor should pass the ball to the first person in line who needs to one-touch the ball back