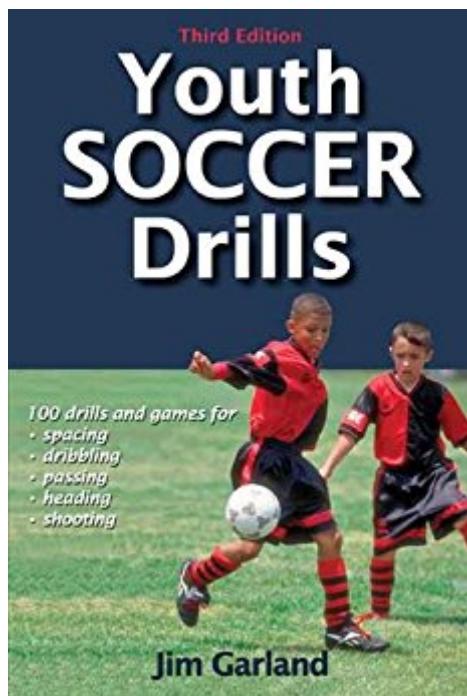


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# Youth Soccer Drills, 3E



## **Synopsis**

Youth Soccer Drills, Third Edition, presents 100 drills and games for developing skills in dribbling, passing, collecting, heading, and shooting. All are easy to follow with clear descriptions and kid-friendly field diagrams, making them easy for coaches to teach and players to understand. Sample practice plans, variations, and coaching tips are included.

## **Book Information**

File Size: 3470 KB

Print Length: 264 pages

Publisher: Human Kinetics; 3 edition (April 30, 2014)

Publication Date: April 30, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00HFEFVHG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #269,485 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #36 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Coaching > Soccer #95 in Books > Sports & Outdoors > Coaching > Soccer #103 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Soccer

## **Customer Reviews**

A very good book. My only complaint is that what I would consider to be a variation on an exercise, they counted as a completely different exercise. It would be nicer to see this woven together more. Still, very practical and easy to understand for youth soccer. I wouldn't use much of this beyond U13 unless the players are new to the game.

Lots of practical drills for a new coach to implement.

This book is perfect for the parent of a young soccer player as it is for a new soccer coach or PE teacher. The drills are basic and are described easily, with diagrams for every drill. Jim Garland

focuses on drills aimed for the 5-12-year-old player, allowing for team moves to keep all the players active. There are seven chapters to this book. Efficient movement is the goal and works with open, closed, personal and general space. The drills get harder with subsequent chapters. Soccer drills include dribbling, passing, collecting, heading and shooting and include the individual, partner, small group and large-group drills. Many of these drills can be done in one's back yard and can be played with friends and family, as many of the drills are designed as "games" that keep young players interested and on their toes in more ways than one. Highly recommended for parents who have children who are playing soccer, as well as new soccer coaches who need new ideas for practice.

One of the most difficult things for coaches is to find drills all in one spot. No, I not a coach, but have tried to scout on many different types of drills on the Internet for an assortment of sports for young people. The nice thing about this particular book and another by the same publisher about baseball is that it's not all cluttered up with extraneous material. There's nothing more aggravating than to have to wade one's way through piles of material to find the basics. Each chapter is prefaced with some conversational introductory material pertinent to the topic at hand. For example in the "Dribbling Drills" chapter, Garland discusses why working through the subsequent drills will enable players to keep the ball longer, penetrate the defense, create spaces for passing and shooting, and relieve defensive pressure. Very clear-cut line drawings accompany each drill in the chapter. The drills are consistently set up with the purpose in mind, the skill level, equipment you'll need, the time the drill will take, the procedure, key points, related drills, etc. Instead of variations, we're referred to other related drills in the book. There are numerous informative line drawings that help illustrate the setup when necessary. Most drills are pretty straightforward and addition of drawings are unnecessary and would only manage to clutter up the pages. Having a large, comprehensive number of drills all in one book is perfect for the home or school coach. Individual players will also find these to be quite helpful. Skills are incorporated into drills for spatial concepts and movement, dribbling, passing and collecting, heading, and shooting. I've scouted out some plays on YouTube, which could be a supplement to some of these drills. This is an excellent book that will be a real plus in the hands of anyone interest in youth soccer.

**DRILLS: SPATIAL CONCEPTS AND MOVEMENT DRILLS:**

- 1. Open Space Drill
- 2. Closed Space Drill
- 3. Personal Space Drill
- 4. General Space Drill
- 5. Moving Vision Drill
- 6. Volcano Drill
- 7. Triangle Drill
- 8. Copycat Drill
- 9. Monday Morning Traffic Drill
- 10. Flag Tag Game
- 11. Team Exchange Drill
- 12. Jackrabbit Drill
- 13. Shirt Tag Game
- 14. Number Tag Game

**Dribbling Drills:**

- 15. Fancy Footwork Drill
- 16. Follow-the-Leader Drill
- 17. Freedom Drill
- 18. Freeze Drill
- 19. Is

Anybody Home? Game10. Triangle Tag Game21. Sprint Drill22. Partner Tag Game23. Intruders Game24. Circle Dribble Tag Game25. Shake-and-Take Drill26. Sprint Challenge Drill27. Possession Drill28. Partner Dribble Game29. Dribble Chase Game30. Change-of-Direction Game31. Two-Team Dribble Tag Game32. Invasion Game33. Four-Grid Scramble Game34. Six-Goal Game

**PASSING AND COLLECTING DRILLS:**35. Partner Passing Drill36. Knockout Game27. Thread-the-Needle Game38. The Round-Up Game39. Good-Bye Drill40. Two-Team Passing Challenge Game41. Circle Collection Drill42. Hello Drill43. Spaceman Drill44. Pendulum Drill45. Turning Drill46. Two-Cone Drill47. Line Drill48. Two-Touch Drill49. Return-to-Sender Drill50. Partner Thruway Drill51. Three-Player Passing Drill52. Four-Corner Passing Drill53. Pass-Dribble-Pass Drill54. First-Touch Drill55. Three-Team Passing Drill56. Invisible Man Drill57. Star Drill58. Monkey-in-the-Middle Drill59. Long Ball Drill60. Keep-Away Drill61. Three-Team Keep-Away Drill62. cone Drill63. Check Out-Check In Drill64. 1v1 Drill65. 2v2 Drill66. Two-Teammate Passing Game67. 3v2 Line Game68. Two-Team Keep-Away Game

**HEADING DRILLS:**69. Toss-to-Self Heading Drill70. Partner Heading Drill71. Sliding Heading Drill72. Short and Long Heading Drill73. Two-Team Heading Drill74. Star-Heading Drill75. Three-Corner Heading Drill76. Jack-in-the-Box Drill77. Show-for-Me Drill

**SHOOTING DRILLS:**78. Partner Stationary Shooting Drill79. Three-Player Shooting Drill80. Run-and-Shoot Drill81. Reverse Serving Shooting Drill82. Pass-and-Shoot Drill83. Alternating Shooting Drill84. Spin-Turn Shooting Drill85. Bombardment Drill86. 3v1 Shooting Drill87. Cat-and-Mouse Shooting Drill88. Come-and-Get-Me Shooting Drill89. Double-Defended Shooting Game90. Team Challenge Shooting Game91. You-and-Me Shooting Game92. Add-On Shooting Game93. Wall Pass Shooting Drill94. 1v1 for All Drill95. Never-Ending 3v2 Drill96. Shooting Combination Drill97. Target Drill98. Sideline Shooting Game99. Double-Sided Shooting Game100. Framing Game

What an awesome resource! A few years ago, I was trying to find a book to help me teach my children how to play soccer. This book wasn't around, but I wish it was. I homeschool and I am going to use some of these drills for our outdoor exercise time because they're great for teaching kids about personal space and other kids of space as it relates to soccer. I think that several of the drills in this book would be particularly helpful for kids with autism and other issues with understanding personal space. I have a friend who's son is autistic and I know she is often reminding him and working to help him understand how to give others personal space. I think the exercises in this book could help a lot of coaches with younger teams and particularly if their players struggle with space. In the case of my girls' team, one of the boys is always punching other kids and

getting in their space. I think several of the drills could really help that kid...I've watched as the coaches on my son's team have started out trying to figure out how to coach since they're brand new to coaching soccer to kids under 8. This book would be invaluable to coaches in the same position that they are. The drills break down the skills kids need to learn and grab hold of. I highly recommend this book if you are new to coaching soccer and I suspect that even if you've been coaching kids a while, it may give you some new ideas that you can add to your players' practices!

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