



Youth League- Dribbling/attacking

Category: Small-Sided Games

Difficulty: Beginner

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Warmup and Monster game (20 mins)

Organization of Session

-20x20 space

Warm up with allowing kids to dribble around the field keeping the ball close, younger players focus on staying in the box.

Monster activity

1 defender for every 6 players in the box after the warm up with touches. Allow the defender to chase them and tag the player, once tagged the player must stand with the ball over their head until another player can dribble their own ball through that players legs to un-freeze them before the "monster" tags them.

depending on the age you can tell the monsters that if a player does a move with a change of direction they cannot be tagged for 5 seconds and the monster must chase someone else.

Key Points

Explosiveness, change of direction and ball control

Coaching Points

asking the players to focus on attempting the moves, not just dribbling around.

if its too easy for the monster, tell them they must walk like a monster and tag players, or that they have to hop around to chase players.



3 goal challenge (15 mins)

Organization of Session

3 goals set at least 12-14 yards apart in trigange formation.

no more than 3 players per team(create multiple games if you need to)

coach serves in a ball, one player from each team enters the field and tries to score in either opponents goal.

Winning team is the one who has been scored on the **LEAST**,

Keep track of the goals scored in all goals

Multiple rounds and let the player play until their is a goal or 45-90 seconds has past.

Key Points

players have choices of which goal to score in, change of direction moves work very well in this game

Coaching Points

coach within the flow of the game,

Use natural stoppages to get your points across, dont stop a game and give advice wait until the round is over.

this game works with numbes as low as 2 in each team and as many as 4 in each team



Seagulls (15 mins)

Organization of Session

-in a space roughly 40x30

2 goals in the middle back to back and a circle or square around the goals roughly a 10x10 perimeter.

every kid with a ball besides 2 defenders, goal of the game is to get all the balls into the goal(seagulls pick up trash)

Once a ball is put in the goal they become a friend or teammate with who ever still has a ball, until all the balls are in the goal. The 2 defenders can block the goal how ever and throw kick or punt the ball away.

Key Points

-Goals are easier to score when your closer to the goal

If their is a defender in the way, is there a teammate open who has a better chance of scoring? what about the backside goal?

Coaching Points

encourage players to take on the defenders, and to take a risk, maybe things like 2 points for scoring inside the circle if your keeping score. multiple games with shorter time limits on the rounds may make it a bit more of a challenge, 30 seconds to score 90 seconds to score...etc



3v3 or 4v4 to goals (15 mins)

Organization of Session

regular soccer rules

30x40 space

Key Points

focus on taking players on or sharing the ball,

Coaching Points

encourage scoring from a closer range, and what it takes to get closer (dribbling or playing a ball to a teammate in a better position)

