



This drill kit is produced to give Mentors and Mentees an opportunity to practice skills related to Soccer.

The idea behind this booklet is to offer some tips, tricks, and tools to both learn and sharpen your skills while having fun!

You do not need to perform the tasks in this package in order. Pick and choose from the drills as you see fit. After the drills, you will find a couple mini-games and resources for 1-on-1 games.

Lastly, the most important rule is to always have fun!

Join the YAY Discord Server to find other Mentor/Mentees to play with. Scan the QR Code or go to the link here: [discord.gg/dfdNefPZQe](https://discord.gg/dfdNefPZQe)



# SOCCEER

## OVERVIEW

We all know the game! You've probably seen it played in parks, at school, in random fields, or on TV. There's also a good chance that you've even played at some point in your life. Soccer is the most popular sport in the world, and is played around the globe.

### *Fun Facts:*

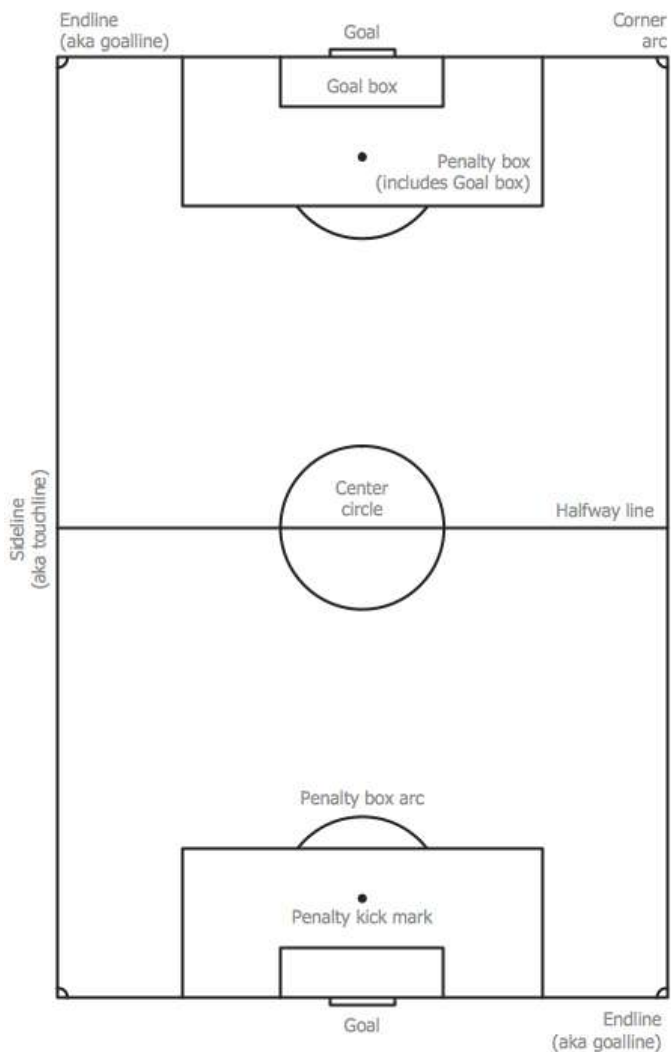
- Some of the first soccer balls were made from animal skins and pig bladders.
- Payers run anywhere from 5-10 miles a match.
- Only 8 countries have ever won the World Cup.

You do not need a soccer field to play, any field, backyard, or open space will do perfectly. Items of clothing, shoes, pylons, rocks, or fence posts can all act as the goal posts, and any ball that's available can be used.

There are two parts to the game: offence and defence. Offence is when you are in possession of the ball and trying to score goals on the opposing net. Defense is the opposite, defending your goal from the attacking players.

The fundamental skills of any soccer player are: shooting, dribbling, passing, and defending. The following page has some drills to help you practice these skills.

Lastly, remember to always have fun!



# SOCCEER

## WARM-UP ACTIVITIES: STRETCHING

Before you begin playing any sports remember to stretch.

Soccer is a game that activates a number of muscles in your body while playing, and stretching is important in making sure your muscles can handle the strain of the game.

Forgetting to stretch can lead you to become sore during or afterwards, can stop you from being able to perform at your best, or can lead to muscle injuries.



Standing Calf Stretch



Lower Back Stretch



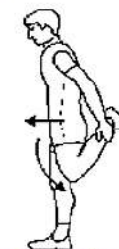
Two Leg Hamstring Stretch



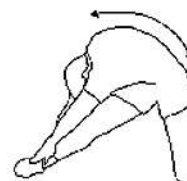
Sitting Groin Stretch



Chest & Back Stretch



Classic Quadriceps Stretch



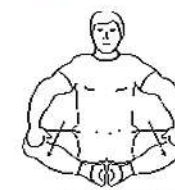
Hamstring Split Stretch



Lying Quadriceps Stretch



Shoulder Stretch



Standing Groin Stretch

# SOCCEER

## TRAINING DRILLS



These training exercises are to help build core fundamentals of the game. Pick and choose which ever drills you want, and only perform as much as you are capable of doing. These lists are simply guides of what a workout could look like.

### Workout 1

- 1 lap around the edge of the field
- 1 lap with ball dribbling around perimeter
- 10 shots in both corners of net, keep the ball on the ground
- 5 dribble sprints from one side of the field to the other
- 10 running shots starting from lying down position
- 10 penalty shots

### Workout 2

- Dribble around perimeter of field 1-2 times
- 5 shots from the top of the penalty box (penalty arc)
- 10 shots from penalty mark
- 5 shots in both corners of net, keep the ball on the ground
- 10 dribble sprints from one side of field to other
- 1-2 laps around perimeter of field alternating dribbling
- 10 shots starting from a lying down position
- 10 shots on net from inside the penalty point
- 10 running shots on net from outside the penalty box

TIP: Remember, if you do not have access to a soccer field, you can manipulate these tasks to suit the space you have.

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## WARM-UP ACTIVITIES



### 1. Dynamic Passing

This drill focuses on accuracy, timing, teamwork, and stamina.

#### **To Begin:**

- Stand roughly 5-10 meters apart from your partner.
- Now, while running the length of field pass the ball back and forth to each other.
- Try not to change speeds to often and stay consistent with your partner.
- Complete the drill as many times as you want; each time changing how far apart you and your partner are.

#### **TIPS:**

- Remember to aim your pass to where you partner is going to be, not where your partner is. This will mean passing the ball to a spot in front of your partner.

### 2. Shoot n' Score!

A fun way to warm up and practice scoring goals as well as you passing skills.

#### **To Begin:**

- Player A will stand about 10 meters to the left or the right of the goals. While the Player B stands far away from the goal, about 20 meters.
- Player B will run towards the goal, Player A at any point will pass the ball to Player B. Player B must recover the pass, control the ball, and then shoot on the goal within 3 seconds.
- Complete the drill as many times as you want; each time switching with player shoots.



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## MINI GAMES: 1-ON-1



This mini game is designed to play 1-on-1. All this game requires is 3 markers and a ball. These can be anything from pylons, shoes, items of clothing, etc.

### Setup:

- Use two markers to make one goal.
- Place the 3rd marker about 15 meters up field from the middle of the goal.
- Flip a coin, or Rock-Paper-Scissors to decide who is on offence first.

### How to Play:

- Player A is attacking, while Player B is defending. Player A will begin the game with the ball at the 3rd marker, while Player B will begin anywhere between the marker and the goal.
- Player A will then begin to attempt to score a goal on Player B's net, while Player B will attempt to take the ball away from Player A.
- If Player B takes the ball away from Player A, they must run with the ball to the 3rd marker, which will then switch the roles. Player B will become offence, while Player A will be defending the goal.
- Play until one player reaches 5 goals.

### Change it up and play like a CRAB:

- First shorten the field size, and then players must play while in a crab position.
- Crab Position: Both hands and feet touching the ground, with stomachs towards the sky.

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## MINI GAMES: CRAB SOCCER



This mini game is designed to play with 4+ players. All this game requires is a ball and two goals. Goal posts can be marked by anything: shirts, hats, pylones, etc.

### Setup:

- Divide players into 2 teams.
- Set up both goals on each side of the playing area. Keep in mind that playing like a crab does not allow you to move quickly, so keep the field

### How to Play:

- All players must play the game in the Crab Position
- The goal is to score goals on your opponents net.
- First team to get 5 goals wins.

### Tips:

- Warm up before playing by passing between players, this will help you get a feel for what its like to play like a crab.

### DISCORD:

- Join the YAY Discord server to find other Mentor/Mentee pairs in your area to join you!

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## MINI GAMES: MONKEY IN THE MIDDLE



Jupiterimages via Canva.com

This mini game is designed to play with 4+ players. All this game requires is a ball and some friends.

### Setup:

- All players will begin standing in a circle, except the 'monkey' who will stand in the middle. The circle should be small enough that the game is challenging for all players.

### How to Play:

- Players who are standing in a circle will pass the ball to each other.
- The player in the middle, the 'monkey', will try and intercept these passes.
- When the 'monkey' intercepts a pass, they switch places with the player who made the pass. That player then becomes the 'monkey'.

### Tips:

- Change the circle size every few rounds, or based on players abilities.

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## MINI GAMES: HACKEY SACK



This mini game is designed to play with 2+ players. All this game requires is a ball. This is a typical warm-up game for teams.

### Setup:

- All players will begin standing in a circle.

### How to Play:

- Players will use all parts of their body, except their hands and arms to keep the ball in the air and pass it amongst the players.
- The objective is to rally as many times as possible between players before the ball hits the ground.

### Change it up:

- You can add a scoring to this game: when a player either fails to keep the ball in the air, or fails to pass the ball to another player, they receive a strike. When a player gets to 5 strikes they are out. Last player standing wins.

### DISCORD:

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